

## Worksheet – Chapter 1 – The three pillars

It took me two years to finally identify what was important to me in life. I named these factors the "Three Pillars" - Watch my video - and don't forget to Subscribe!

### WATCH HERE!

1. *My children's wellbeing*
2. *My work*
3. *My partner*

Coco x

### **Task for you - reflect on your life:**

1. What brings joy to my life – what activities do I enjoy doing?

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2. What areas of my life are a struggle right now?

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3. Even though 2 is a struggle right now:

a) Do I enjoy this activity/situation

<b>Situation</b>	<b>It is tough, but I enjoy it (or doesn't bother me) – why do you enjoy it?</b>
1	
2	
3	
4	
5	
6	

b) Areas of my life which cause me unwanted stress

<b>Situation</b>	<b>Causes me daily or frequent stress</b> - <b>What do you feel?</b>
1	
2	
3	
4	
5	
6	

What are the possible solutions for 3.b?

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Based on the above – I have now realised which areas of my life are most important and influence my life mood and happiness:

5. My *Three Pillars*

- 1.
- 2.
- 3.