

LIFE IS TOUGH



FREE WORKBOOK

A LITTLE WORKBOOK JUST FOR YOU
TO HELP YOU RISE TO THE CHALLENGE
WHEN THINGS GO PEAR-SHAPED.

Created by
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(Your cheerleader)

Hello lovely reader,

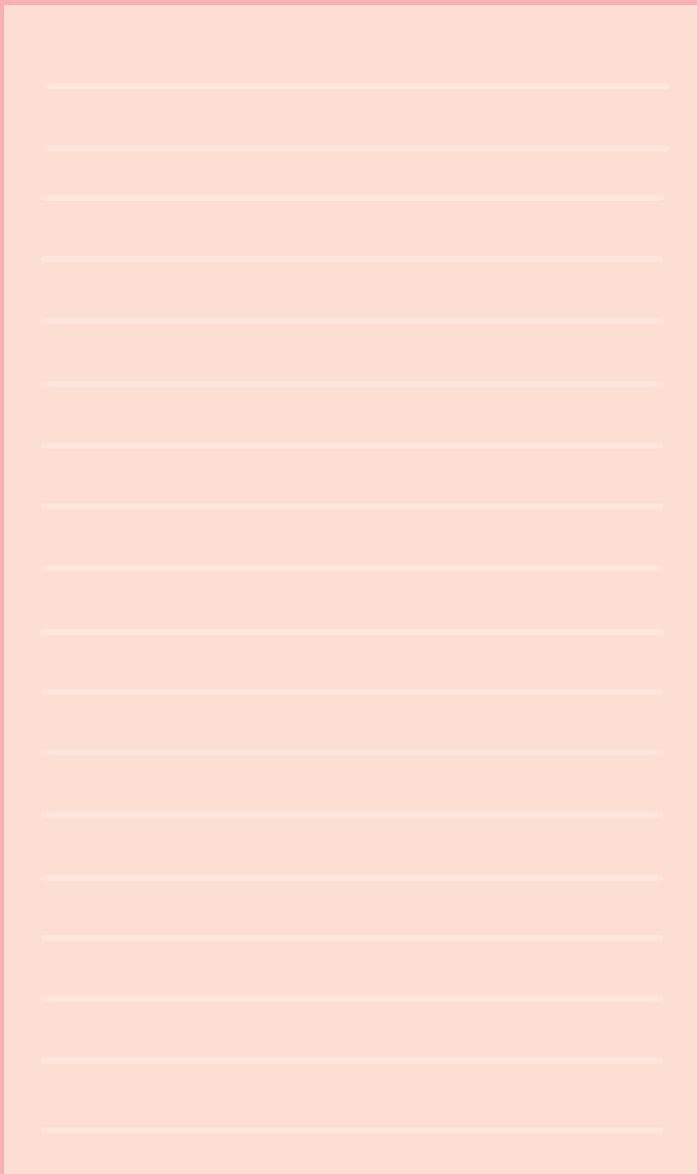
This is a little workbook to accompany the book 'Life Is Tough But So Are You.' It will help you make sense of this tricky time and slowly step you through it. You can and will get through this, and this little booklet will be by your side cheering you on!

Love Briony B xx

Day by day, Breath by Breath, Step by Step

We don't need to do all the things right now. We're just going to focus on a few. Here you can brain dump everything that is on your mind. Then circle the three most urgent or important. Just focus on those. Everything else is going to wait its turn.

*BRAIN DUMP OF ALL
THE THINGS IN MY
MIND RIGHT NOW:*



*MY TOP 3
PRIORITIES
RIGHT NOW*

1

2

3

Good days



Assemble your A-Team

*WHO ARE THE MOST IMPORTANT
PEOPLE IN YOUR WORLD?*

*WHO DO YOU NEED AROUND
YOU RIGHT NOW?*

*WHO MIGHT YOU NEED
TO SEE LESS OF?*

*Do you think you could benefit
from speaking with professional
who has helped many others
navigate what you're going
through right now?*

Professional Guidance

It can feel daunting to reach out for professional help but it's not a sign of weakness it's a sign of strength. Like a PT for your beautiful mind.

Support Groups

There are so many online and community support groups these days! You just need to find the best one for you and who you're more comfortable connecting with.

*WHO IS IN YOUR A-TEAM? WRITE DOWN
THEIR NAMES (AND CONTACT DETAILS) ON
A NOTE ON YOUR PHONE OR IN YOUR DIARY.*

DO YOU FEEL LIKE YOU HAVE THE SUPPORT YOU NEED?

*WHAT ELSE WOULD MAKE YOU FEEL SECURE
AND HAPPY RIGHT NOW?*

*ARE THERE ANY OTHER SERVICES YOU NEED TO
CONNECT WITH? CAN YOU ASK SOMEONE IN YOUR
A-TEAM TO HELP WITH THAT?*

This will make you more resilient

Studies show that people who are more grateful experience less depression and are more resilient following traumatic events.

Every night, ask yourself, 'What three things am I grateful for today?' Every morning when you wake up, try some grateful stretches. Move your body and start to wake it up while you think, 'What am I grateful for in my life?'

LIST WHAT YOU'RE GRATEFUL FOR TODAY:

OTHER THINGS I'M GRATEFUL FOR

(DO A BIG BRAIN DUMP OF EVERYTHING YOU'RE FEELING SUPER GRATEFUL FOR IN YOUR LIFE, BE THEY BIG OR SMALL!)

● ● ● ● ● MY GRATEFUL LIST ● ● ● ● ●

Create the movie trailer of your life

We often get caught up on the shitty parts of life, but what if you could take a minute to relive all the incredible things you've done so far? The breathtaking moments that you still get goosebumps about. The experiences that melt your heart and have you crying tears of joy. Use the list below as a guide to creating the most kick-arse highlight reel that supercharges your gratitude!

Can you create a trailer of your life and replay it weekly?

Take a moment to relive the most amazing memories of your life.

SCENES FOR YOUR LIFE MOVIE

- > BEAUTIFUL MEMORIES OF THOSE YOU LOVE
- > THINGS YOU'VE DONE WITH PEOPLE YOU REALLY LOVE
- > BIG ACCOMPLISHMENTS
- > NICE THINGS PEOPLE HAVE DONE FOR YOU
- > MOMENTS YOU'VE FELT TOTALLY EXHILARATED
- > YOUR FAVOURITE MEALS AND WHERE YOU'VE HAD THEM
- > FALLING IN LOVE
- > TIME SPENT IN NATURE
- > A TIME YOU FELT REALLY LOVED
- > YOUR BEST CHILDHOOD ACHIEVEMENT
- > A TIME YOU WERE MOST PROUD OF YOURSELF
- > TRAVEL, CAMPING, ADVENTURES
- > BEAUTIFUL SIGHTS YOU'VE SEEN
- > WHEN YOU LAUGHED TILL IT HURT
- > SOMETHING FUNNY A PET DID

how get editing



**Rest,
don't
quit.**

*"DON'T WAIT FOR
A TOTAL BREAKDOWN
BEFORE YOU ACT."*

Treat your body like a Ferrari

Make sure you're giving your machine what it needs to hum along beautifully.

*IS YOUR ENGINE FIRING ON ALL CYLINDERS RIGHT NOW?
WHAT COULD YOU CHANGE TO LOOK AFTER YOURSELF BETTER?*

Charge your batteries first

Get clear on what charges and what drains you. This will be the first step to taking control of your energy.

*WRITE DOWN TEN OF YOUR FAVOURITE
THINGS IN THE WORLD TO DO. WHAT WOULD
THE PERFECT DAY OF RECHARGING LOOK LIKE
FOR YOU?*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**You get to decide
what energy is allowed
around you.**

**Don't give away
any of your
precious energy
to those who
don't deserve it.**

**The end... and the
start of the next
chapter.**

You've got this!

*Lots of love,
Briony B xx*