

Stress Busting Worksheet



At the end of Module 6 I spoke about using a chart to look at your life stresses and deciding which one you can control and which ones you can't.

This sheet has been designed for you to print and use to figure out the areas of your life that are stressful and out of your control – thus not worth worrying about.

It will also highlight the areas of your life that are stressful and are in your control – thus requiring some actions from yourself to improve that area.

| Stressful + Out Of Your Control | Stressful + In Your Control |
|------------------------------------|--------------------------------|
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Key Actions



Using the information from the table you just filled out, come up with 3 key things/areas you need to change, that ARE in your control, in order to improve your stress levels.

Then come up with 1 immediate action you can complete today to get momentum with this.

| <u>Key Areas/Actions For Improvement</u> | |
|---|--|
| 1 | |
| 2 | |
| 3 | |

| | |
|--|--|
| Immediate Action Point (To Be Completed Today) | |
|--|--|