**~ Finesse Your Stress ~ Worksheet 1 - February 2016**

Fill in the fields below, whatever comes to mind is just perfect. No need to edit, just do it in a couple of minutes as a thought starter. Do this BEFORE you watch the teaching module video.

**Currently a few stressful things in my life are:**

I’m really stressed out about...

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|  |

I’m stressed about...

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| --- |
|  |

Doing/not doing/saying/not saying...

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| --- |
|  |

If only… \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ would / wouldn’t...

|  |
| --- |
|  |

I wouldn’t be so stressed.

Top of my list of stuff that’s worrying me right now is...

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| --- |
|  |

**Common triggers for stress for you:**

I tend to find I get stressed most easily when...

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|  |

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|  |

...always stresses me out, guaranteed!

I find I can’t help but get stressed and snappy when...

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|  |

My most stressful time of the day is usually...

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|  |

My most stressful time of the week tends to be when...

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| --- |
|  |

*There you go! Super easy, and a 2 minute job. Now – relax and watch the Tutorial Module for the month – you can use these answers to help you complete Worksheet #2 and integrate your learning.*

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