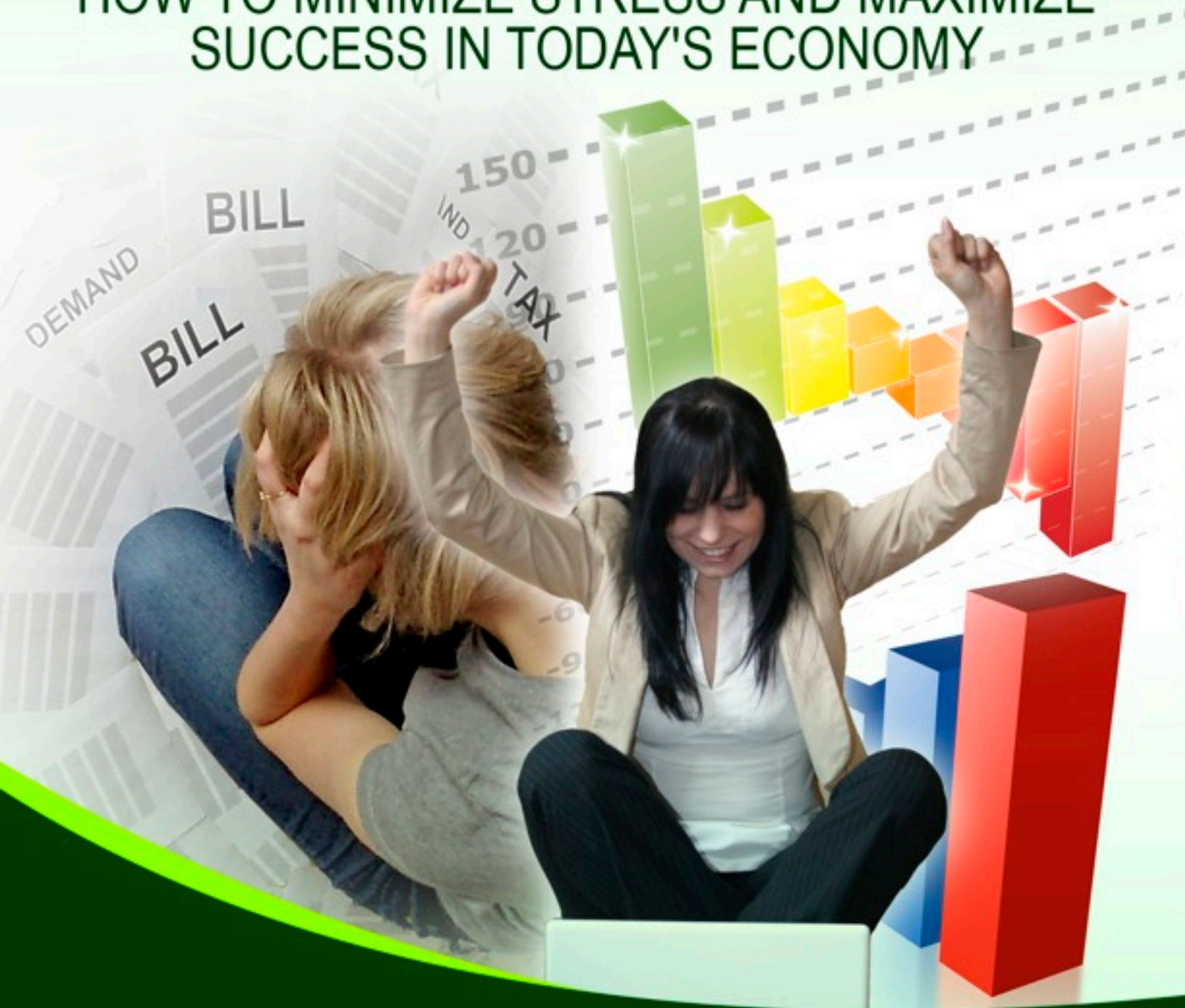


# TRANSFORMING STRESS INTO SUCCESS

HOW TO MINIMIZE STRESS AND MAXIMIZE  
SUCCESS IN TODAY'S ECONOMY



**QUICK START GUIDE**

# TRANSFORMING STRESS INTO SUCCESS

## QUICK START GUIDE

**S**tress is something we *all* deal with on a daily basis. Even people who seem calm, composed, and successful have stress!

You can learn how to handle your stress in positive ways and redirect your energy to achieve what you desire.

Your *Transforming Stress into Success* course contains golden nuggets of wisdom to help you prevent stress and overcome its negative effects.

### **Inside the package you'll find:**

- \* An instructional book, in both PDF and audio formats, filled with actionable strategies you can use everyday to bring down your stress levels.
- \* Action steps to help you deal with specific stressors like financial stress, stress at home, stress at work, conflict, worries about the future, and health-related stress.
- \* A self-reflection worksheet to help you conquer your own personal stressors.
- \* A daily checklist to help you implement your new techniques.

## How To Use This Package

First, read or listen to the book. Then you can complete the worksheet and use the checklist. You may need to refer to the book when completing your worksheet, so keep it handy as you work on it.

When you use this package to its fullest, you'll discover the healthier, happier *you* that you always knew was in there somewhere!