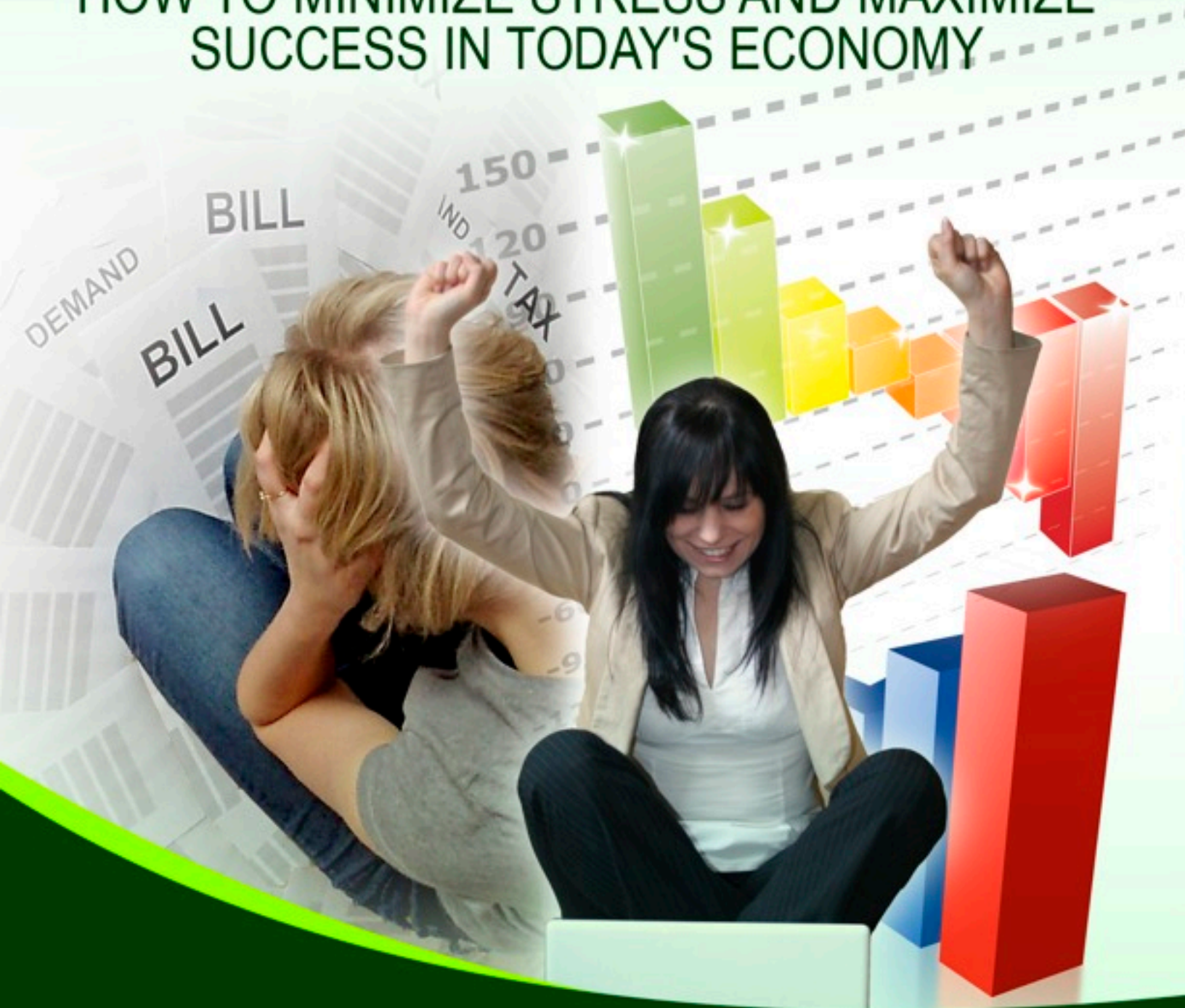


TRANSFORMING STRESS INTO SUCCESS

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



WORKSHEET

TRANSFORMING STRESS INTO SUCCESS

WORKSHEET

What are the things that cause you the most stress? Use this worksheet to analyze your stressors, determine the appropriate action steps to reduce your stress, and write affirmations to encourage your new, stress-free attitudes.

Financial Stress

What stresses you out the most about your finances?

What action steps can you take to reduce these stressors?

Write some affirmations that can help you make good choices and reduce your stress.

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WORKSHEET

Conflict

Is there any conflict in your life that is a source of stress?

What action steps can you take to reduce these stressors?

Write some affirmations that can help you to resolve conflict and reduce your stress.

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WORKSHEET

Stress at Work

What stresses you out the most about your job or workplace?

What action steps can you take to reduce these stressors?

Write some affirmations that can help you improve your mindset and reduce stress at work.

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WORKSHEET

Health Stress

When it comes to your health, what causes you the most stress?

What action steps can you take to reduce these stressors?

Write some affirmations that can help you make healthy choices and reduce your stress.

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WORKSHEET

Uncertainty

Are you stressed about the future? What worries you?

What action steps can you take to reduce these stressors?

Write some affirmations that can help you live in the moment and reduce your stress.

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WORKSHEET

Family Stress

What causes you the most stress at home?

What action steps can you take to reduce these stressors?

Write some affirmations that can help you enjoy your family and reduce your stress.
