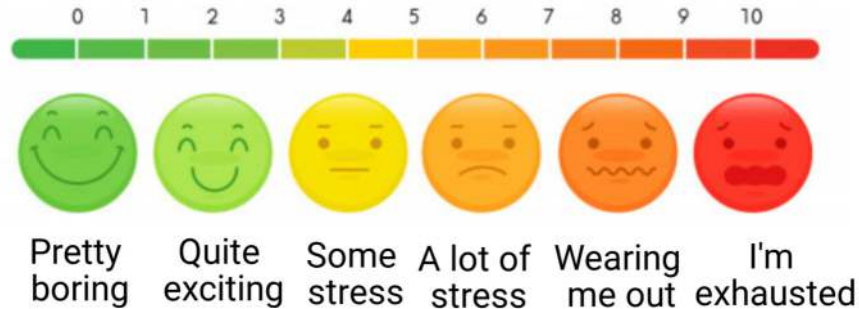


# What's stressing you out?

## The stress scale

RATE EACH AREA ON THE STRESS SCALE



### Work Stressors

On a scale from 1-10, how stressed are you at work:

List the things that stress you out the most, which you need to take action on:

### Lifestyle Stressors

On a scale from 1-10, how stressed are you in your personal life:

List the things that stress you out the most, which you need to take action on:

### Personality Stressors

And how stressed does your own attitude, behavior & outlook make you:

List the things that stress you out the most, which you need to take action on: