

## Managing Excess Stress Take Action

Something I learned today that made a difference: \_\_\_\_\_

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I commit to try the following strategy: \_\_\_\_\_

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Some other strategies I can try:

- I will utilize the Time & Space strategy each day for one week (in hopes of prolonging the habit).
- I will choose three pleasant events and commit to incorporating at least one of them into each week.

Record the outcomes or experience of my actions: \_\_\_\_\_

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Signed \_\_\_\_\_ Date \_\_\_\_\_



*“The only limit to your impact is your imagination and commitment.”*

*– Anthony Robbins*