

HOW TO OVERCOME STRESS WORKSHEET

EPISODE # 2

www.HighPerformanceUnlocked.com



THE PRINCIPALS

- ✓ Your thoughts are adding fuel to the fire.
- ✓ Focus on what you CAN control.
- ✓ Think long term solutions.

INSTRUCTIONS

1. Write out the common negative thoughts you have when you get stressed. Then, write out the thoughts you want to have in those moments instead.
2. Save the list of "things you can control." Review this list while you are in a stressful situation. Can you add anything else to this list?
3. Define 3 long term solutions.
4. Create your long term plan by filling out the "timeline project planner."

1. YOUR THOUGHTS ARE ADDING FUEL TO THE FIRE.

Write out the common negative thoughts you have when you get stressed. Then, write out the thoughts you want to have in those moments instead

Common Negative Thoughts	Think this instead

Recognise the negative thoughts then redirect them to the calm, constructive & solution focused thoughts.

2. FOCUS ON WHAT YOU CAN CONTROL.

Your attitude.

Your thoughts.

The opportunity.

Next steps.

Solutions.

What can you learn from this?

A positive outcome.

Who can you ask for advice?

Your response to the challenge.

3. THINK LONG TERM SOLUTIONS.

What are the 3 most reoccurring issues, problems or stressors you face?

1. _____
2. _____
3. _____

What are the long term solutions here? (make sure you also include how you need to grow and develop. This is always a major part of overcoming stress).

Long term solutions

1. _____
2. _____
3. _____

Use the "timeline project planner" on the next page map out the long term plan.

INSTRUCTIONS

1. Turn each long term solution in a project. Write it in the "project" section of the planner.
2. What are the 5 milestones that need to be implemented, achieved or completed in order to get you there. From where you are now to the successful completion of the project/ solution.
3. Then, write out the 3 major tasks or actions that will in turn complete each milestone.
4. TAKE ACTION!

"Begin with the end in mind."



MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

PROJECT

"Begin with the end in mind."



MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

PROJECT

"Begin with the end in mind."



MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

MILESTONE

3 MAJOR TASKS

PROJECT