



# Stress Busting Plan



What one thing could you do, (that you are not doing now) that if you did on a regular basis, would make a tremendous positive difference in your professional or personal life?

1. \_\_\_\_\_

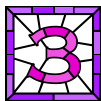


Create a plan for putting into your life the one activity which will make a tremendous positive difference in your life.

- Make it do-able.
- Make it measurable.
- Make it happen!

2. \_\_\_\_\_

\_\_\_\_\_



Possible Results:

3. \_\_\_\_\_

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