



Project Monkey Mind

WORKSHEET

Reduce Your Stress

Highlight any of the following stressors that you can reduce or eliminate within the next week/month/quarter/6 months or year. Write the anticipated date of resolution by each statement.

1. Legal, tax or financial problems that must be resolved

2. Bills and paperwork that can be delegated or automated

3. Cleaning the house and/or office

4. Cut volunteer work unless it directly helps your business or soul

5. Decrease time with individuals who only bring you stress

6. Find someone to take care of your errands and routine daily tasks

7. Declutter unnecessary items from your life

8. Eliminate promises that simply cannot be met

9. Examine your current work situation and determine if it brings more negative than positive to your life

Prioritize these based on the anticipated date of completion. We will discuss action steps in our next session.