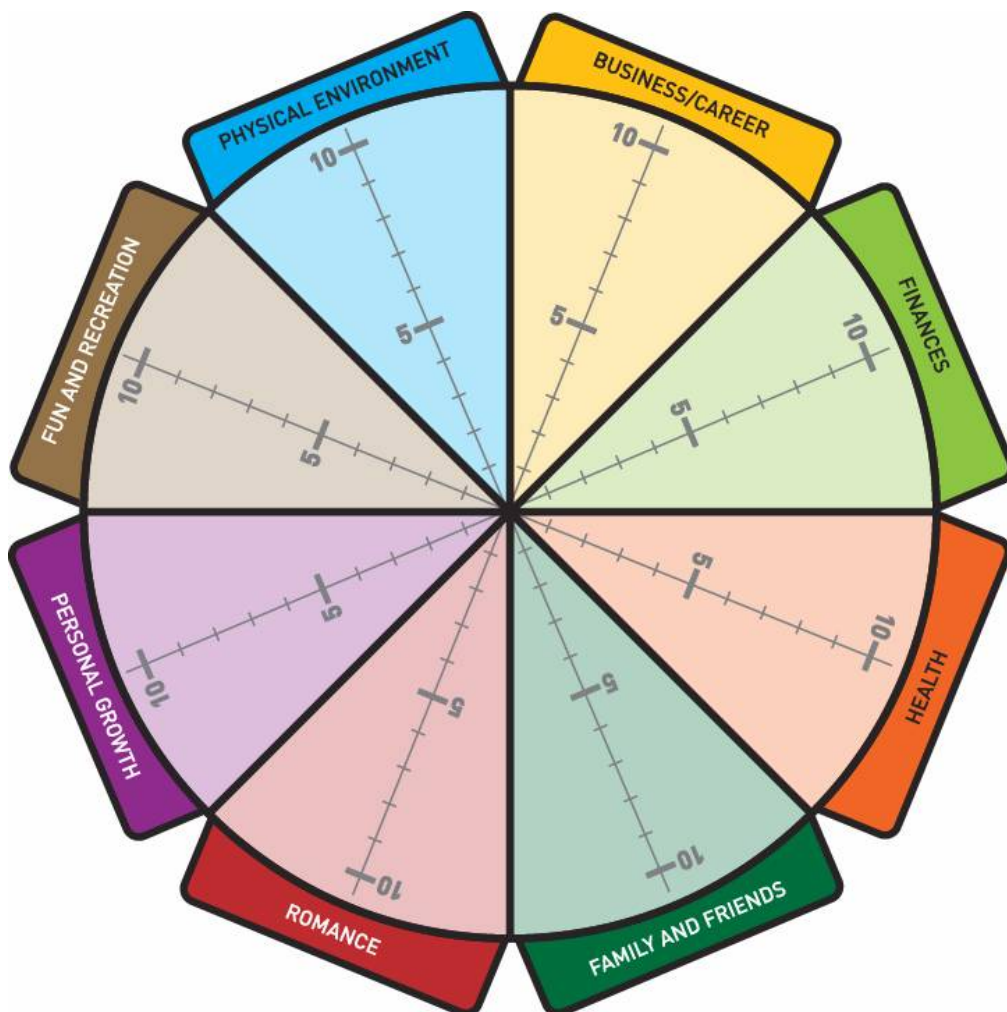


Stress busters workshop



Please mark how much energy you spend in each area, where 0 is no energy and the closer to 10 you move the more energy you are spending. If anything comes up for you doing this record it below

Am I content where I am spending my energy or do I need to make some changes, what changes do I need to make?

Exercise two



Please mark how much enjoyment or achievement you receive in each area, where 0 is no enjoyment or achievement and the closer to 10 you move the more enjoyment or achievement you are getting. If anything comes up for you doing this record it below

Am I content with the level of enjoyment or achievement I am getting or do I need to make some changes, what changes do I need to make?