

# STRESS LEVEL

## Pre-Assignment

Please answer the following questions.

ON A SCALE OF ONE TO TEN, RATE YOUR CURRENT STRESS LEVEL.  
(ONE IS NO STRESS AT ALL, FIVE IS MODERATELY STRESSED, AND TEN IS ON THE VERGE OF A NERVOUS BREAKDOWN.)

WHERE WOULD YOU LIKE YOUR STRESS LEVEL TO BE?

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WHAT ARE THE MAJOR STRESSORS IN YOUR LIFE?

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WHAT DO YOU SEE AS THE MAJOR CHALLENGES TO RESOLVING YOUR STRESS?

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WHAT ARE YOU CURRENTLY DOING TO MANAGE AND REDUCE STRESS?

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WHAT WOULD YOU LIKE TO BE DOING?

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