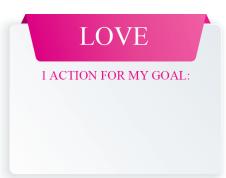
## STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Time for action :1-1-1 technique

Task: Write down 1 action you can do in order to achieve your goal.

## I thing I can to to achieve my goal:









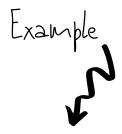




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Task: Write down 1 action you can do in order to achieve your goal.









## LOVE 1 ACTION FOR MY GOAL: I will socialize more/ Sit and talk with my partner every night



