

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.

1 thing I can do to achieve my goal:

HEALTH

1 ACTION FOR MY GOAL:

LOVE

1 ACTION FOR MY GOAL:

CAREER

1 ACTION FOR MY GOAL:

FAMILY

1 ACTION FOR MY GOAL:

FUN

1 ACTION FOR MY GOAL:

SOCIAL LIFE

1 ACTION FOR MY GOAL:

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Example
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HEALTH

1 ACTION FOR MY GOAL:

*Drink one cup of water
every morning*

LOVE

1 ACTION FOR MY GOAL:

*I will socialize more/
Sit and talk with my
partner every night*

CAREER

1 ACTION FOR MY GOAL:

Record every day

FAMILY

1 ACTION FOR MY GOAL:

*Watch one comedy movie
with my family once a week*

FUN

1 ACTION FOR MY GOAL:

*Watch funny clips
every night*

SOCIAL LIFE

1 ACTION FOR MY GOAL:

Call old friends