

# STRESS MASTERCLASS: 8-WEEK STRESS RELIEF TRAINING

Lecture: Let's set priorities

Task: Set priority life area ( the most important area for you is priority number 1!

Write goals here

My wheel of life

LIFE AREA:

PRIORITY

01

LIFE AREA:

PRIORITY

02

LIFE AREA:

PRIORITY

03

LIFE AREA:

PRIORITY

04

LIFE AREA:

PRIORITY

05

LIFE AREA:

PRIORITY

06

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Lecture: Let's set priorities

Task: Set priorities among life areas ( the most important area for you is priority number 1 !

Example  
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LIFE AREA: Social life	PRIORITY 01
LIFE AREA: Health	PRIORITY 02
LIFE AREA: Family	PRIORITY 03
LIFE AREA: Fun	PRIORITY 04
LIFE AREA: Career	PRIORITY 05
LIFE AREA: Love	PRIORITY 06