

My most pressing stress issue: _____

The inner deal I've made with myself on this issue:

Is it still important to keep this deal; if so, why?

Is there another deal I can create to ease the stress? YES NO

If "no," then what's the best way to manage the peripheral issues until this deal has been satisfied?

If "yes" then what is a better deal to make to alleviate all or some of the existing stress?

What is the next small step I can take today to remind myself I am making change?
