

# THE MASTER KEY TO MANAGING STRESS

The Art & Science of Stress Reduction in Times of Change



WORKSHEET

## LONG-TERM CHANGE – GOAL TRACKER

### WEATHER REPORT (1-10 scale)

MIND

BODY

### SUCCESS INGREDIENTS

1

2

3

### DAILY ACTIONS (Y/N)

1

2

3

4

5

6

7

8

9

10

### PROGRAM GOAL (% of target)

10 DAY REWARD

28 DAY REWARD