



# Your Stress LESS life starts here...

How to create your Stress LESS Action Plan in 3 simple steps...

1. Decide on five small changes you are going to make over the next five weeks (see our list of ideas for inspiration). Write those changes at the top of the Action Plan below, in the spaces provided.
2. Record your changes by putting a tick in the box everytime you make that change in a week.
3. Rate out of five how you feel at the end of each week. 1 = No stress 5 = Overwhelmed



Five small changes; For five weeks; <u>Feel better</u>	Change 1 Write your 1 <sup>st</sup> change in this space	Change 2 Write your 2 <sup>nd</sup> change in this space	Change 3 Write your 3 <sup>rd</sup> change in this space	Change 4 Write your 4 <sup>th</sup> change in this space	Change 5 Write your 5 <sup>th</sup> change in this space	Rating: (1 - 5)
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						

Please share what works - and what doesn't - with us on Facebook/Instagram.

