



Chapter Five Stress and Mindset

Reflection

How do you view stress and what it does to the body? Be specific.

What do you usually do when you find yourself in a stressful state?

Do you view the above response as healthy or unhealthy? Why?

Impact Work

1. List your three biggest stressors in the past 90 days:

a)

b)



c)

2. Considering how you dealt with the stresses mentioned above, how would you improve on those responses for each?

a)

b)

c)

3. What would you tell yourself about your stress level reaction 10 years ago?

What would you tell yourself about your stress level and reaction 15 or 20 years ago?

What would the future you of 20 years tell your present self about your stress and how to react?



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