



# My plan for balance!

Name: \_\_\_\_\_

What do you do, or say to yourself, when you are stressed?  
How do you stay positive and strong in tough times?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you secretly wish for that might make you feel more in control of your life?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you do to relax when you are at home, or in your spare time?

- 1.
- 2.
- 3.
- 4.
- 5.

What do you do to relax when you are stressed at work?

- 1.
  - 2.
  - 3.
  - 4.
  - 5.
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