



Release Your Stress to Live Your Best!

NAME AND TAME YOUR STRESSORS ACTIVITY

Take a blank piece of paper or open a new document file and write down everything that is causing you stress or worry right now. Don't stop writing until you've captured as many things as you can possibly think of.

Now go back through the list and put a line through everything that can be ignored, at least for now. Before you leave something on the list, make certain that it is something that has to be dealt with now, and has to be dealt with by you. Ask yourself, "What would happen if I ignored this particular stressor for the time being?" There is a very good chance that the answer is either "Nothing" or "It might just go away" or "Someone else will deal with it who is just as able to do so as I am."

For those things that are left on your list, answer the following questions:

What is this stressor/setback **TEACHING YOU** that you could someday teach someone else and/or that is helpful to your development as a leader in life or business?

What is this setback **MAKING POSSIBLE FOR YOU NOW**? What opportunities is it creating? For example:

If you lost a customer, how could you take the resources—time, money, and personnel—that would have gone toward serving this customer and put those toward something else that will help your business?

If a valuable employee quit, what growth opportunities might this provide for another employee who would like to "step up" into that employee's role? What weakness did the departed employee have that a new employee whom you hire into the role might not?

Once you have completed this exercise, you will find that you have freed up the energy you would have spent worrying about these stressors so you can do something more productive with it.