

Becoming a Stress Master

To help you stay on track to ***Becoming a Stress Master*** we have created this tracker. Simply check off once you have completed a session, finished the Action Sheet and printed the Tool Sheets that go along with it. When you have completed them all – you will have ***Become a Stress Master!***

Module One	<u>Video Viewed</u>	<u>Action Sheet</u>	<u>Tool Sheet</u>
Getting Started	<input type="checkbox"/>		
Becoming a Stress Detective	<input type="checkbox"/>	<input type="checkbox"/>	
What Is a Stress Bullseye?	<input type="checkbox"/>	<input type="checkbox"/>	
The Ultimate Stress Tool	<input type="checkbox"/>	<input type="checkbox"/>	
Putting Everything Together	<input type="checkbox"/>		
Module Two			
The Next Step	<input type="checkbox"/>		
What Is Stress Kryptonite?	<input type="checkbox"/>		
How to Avoid Overload	<input type="checkbox"/>		
Why Walking Away Won't Work	<input type="checkbox"/>		

Module Two

Video Viewed

Action Sheet

Tool Sheet

Watch Out For Stress Quakes? ☐

Do You Know Your Power Tool? ☐

Anchoring Your Success! ☐ ☐ ☐

Level Two

****Only Use if You Signed Up For Level Two**

Master Key #1 - Use the ***RIGHT*** Tools

How To Avoid Failure? ☐

Why Tools Matter ☐

Quick Fixes Won't Work ☐ ☐

We Need More Than One ☐ ☐ ☐

The Insider Secrets to Change ☐ ☐

Master Key #2 - Don't Let Things ***PILE UP***

Making The Invisible Visible! ☐ ☐ ☐

Where Your Pile Up's Happen ☐ ☐

Watch Out for Life's Big Stress ☐ ☐ ☐

More Tools for Success ☐ ☐

Video Viewed

Action Sheet

Tool Sheet

Master Key #3 - *MANAGE* Your Emotions

Getting Things Going	<input type="checkbox"/>		
Why Action Is Required	<input type="checkbox"/>		<input type="checkbox"/>
What Is Your RS?	<input type="checkbox"/>	<input type="checkbox"/>	
Is It Feelings or Behaviors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A System for Success	<input type="checkbox"/>		<input type="checkbox"/>

Level Three ****Only Use if You Signed Up For Level Three**

Master Key #4 - Have a *SOLID* Foundation

Why Do We Need It?	<input type="checkbox"/>		<input type="checkbox"/>
Your Starting Point	<input type="checkbox"/>		
The Rest of the Foundation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A Building Process	<input type="checkbox"/>		<input type="checkbox"/>

Master Key #5 - *Beware* of Your Thoughts!

What Is The Power Tool?	<input type="checkbox"/>		<input type="checkbox"/>
Why Do People Fail?	<input type="checkbox"/>		<input type="checkbox"/>

Video Viewed

Action Sheet

Tool Sheet

Master Key #5 - continued

More Super Tools!

☐☐

What Are Stress Equations?

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Action Taker Bonus Tool

Carol's Secret Stress Weapon!

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