



wellness

Stress-Management & Wellbeing Workshop

Week Four Worksheet Two

Are there any "commitments" you can get rid of?

Lined writing area for commitments.

"It is not a daily increase, but a daily decrease. Hack away at the inessentials."

Bruce Lee

"We think, mistakenly, that success is the result of the amount of time we put in at work instead of the quality of time we put in ourselves."

Arianna Huffington

Fill in the blanks.

As a way to nurture myself, once a \_\_\_\_\_ I plan to:

Lined writing area for fill-in-the-blanks.





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Stress-Management  
& Wellbeing  
Workshop

## Week Four Worksheet Two

### Support and barriers

What will get in your way? How can you overcome this?

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What will help you do this?

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