|  |  |  |
| --- | --- | --- |
|  |  | “Stress is the achievers word for fear”* Tony Robbins
 |

## What causes me the most stress on a daily basis?

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## What is the fear underneath that stress?

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**What is one (specific) action I could take the next time I encounter this specific stress?**

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**If I took that specific action, what immediate result could I expect?**

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**What’s at stake if I choose not to take action against this fear that is causing me unnecessary stress?**

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