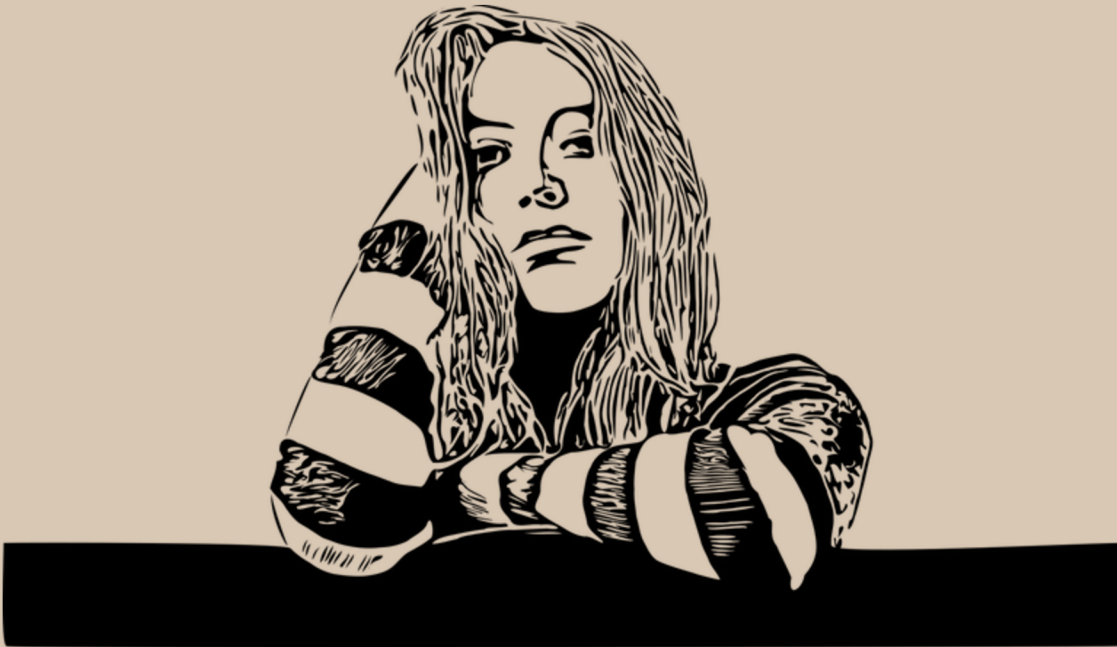


Stress Reset Journal



This Book Belongs To



Worry Exploration

What are you worried about?

The best that can happen is...

What are some clues that your worry will not come true?

If your worry does come true how will you handle it?

Worry Exploration

Is worrying about something going to stop it from happening?

Is there anything I can physically to do sort the problem out? If so, what?

Am I making up worries to feed my addiction to worry? If so, why?

Now that you have challenged the worry, how has it changed?

Stress Walkthrough

Date or event that is bringing you stress

Stress Walkthrough

Describe what it is about this event /date you are stressed about.

Stress Walkthrough

What aspect of your stress is controllable vs uncontrollable

Stress Walkthrough

Brainstorm 3 ways to reduce stress

Stress Walkthrough

Who can you reach out to for support?

Problem Solving

Problem to Solve	End Goal

1st Solution	Pros	Cons
2nd Solution	Pros	Cons
3rd Solution	Pros	Cons

Solution Choice	Next Step

Stress Level Tracker

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Dec	Nov
1												
5												
10												
15												
20												
25												
30												

Stress Level

1

2

3

4

5

Evaluate Stressors

[illegible]

Stress Tracker

[illegible]

Behavior Tracker

[illegible]

Stress Source

[illegible]

Manifestation Worksheet

How can I reach my goal?

My primary goal

Why do I want this?

What will things be like once I have manifested my goal?

Thoughts Tracker

[illegible]

Monthly Reflection

How I feel about this month

What has been hard since last month?

My accomplishments this month

What I plan to change next month

A Letter To Myself

Signature: _____

Journal Entry

Date:

Topic:

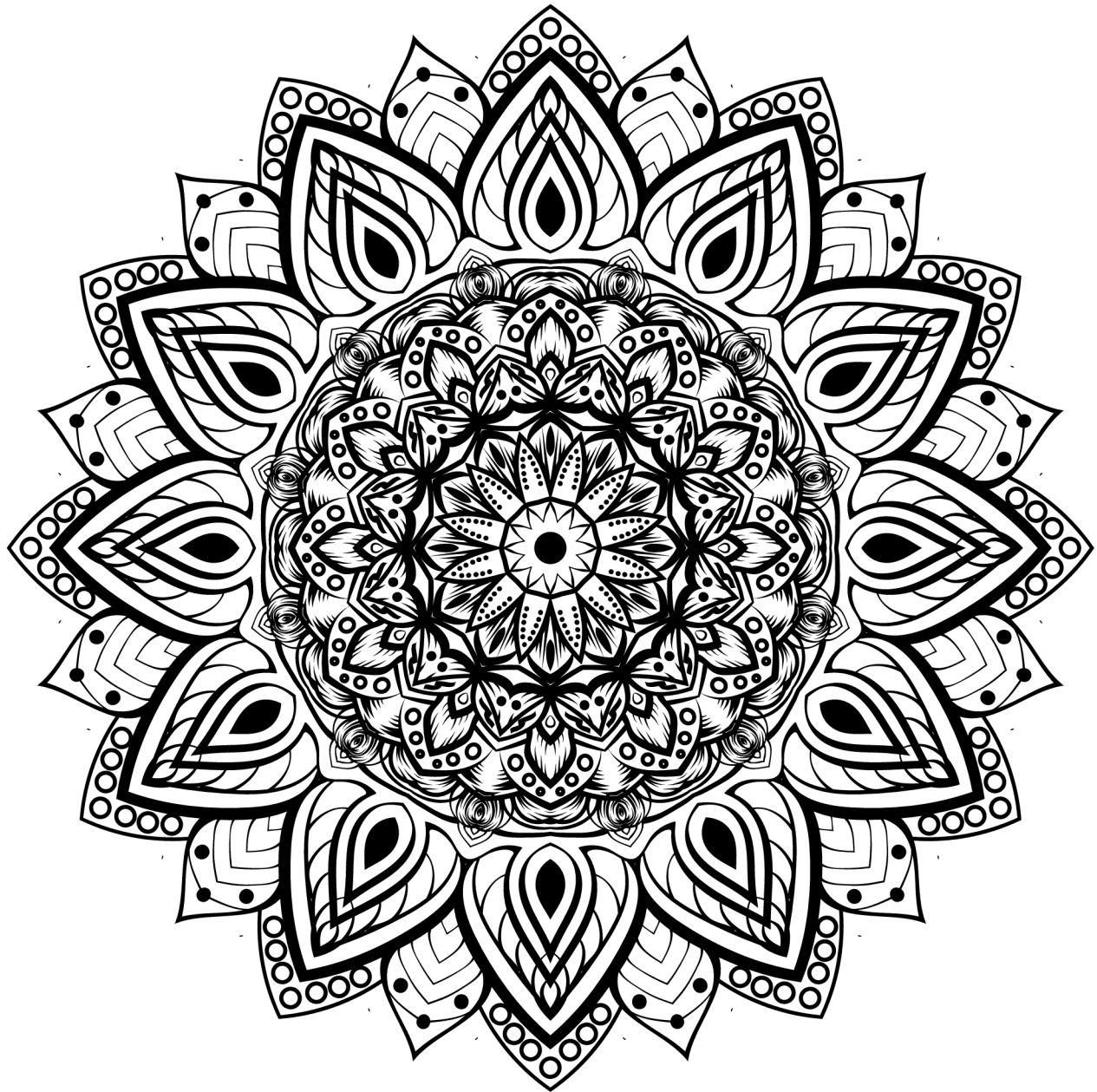
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Daily Gratitude

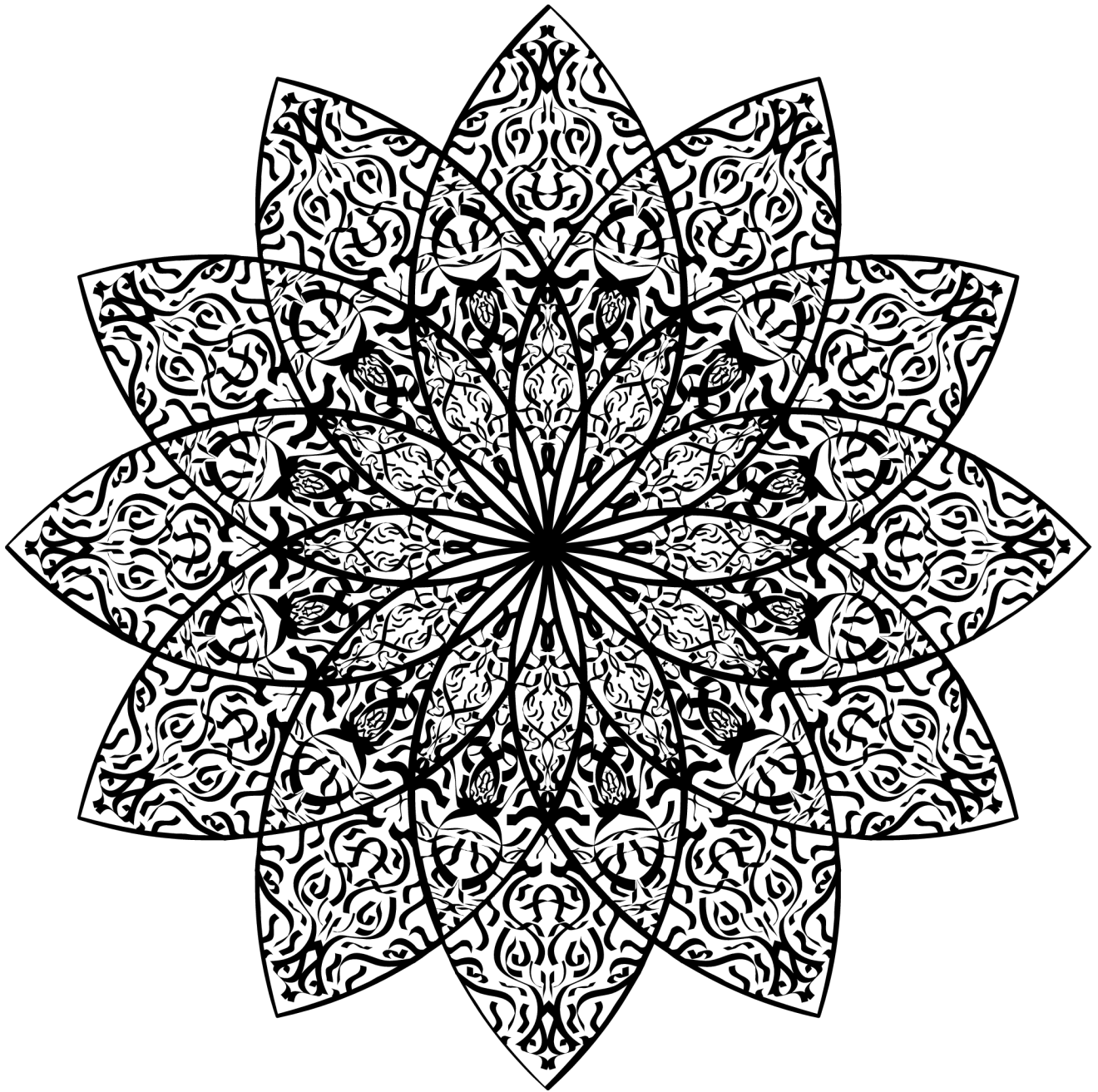
Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

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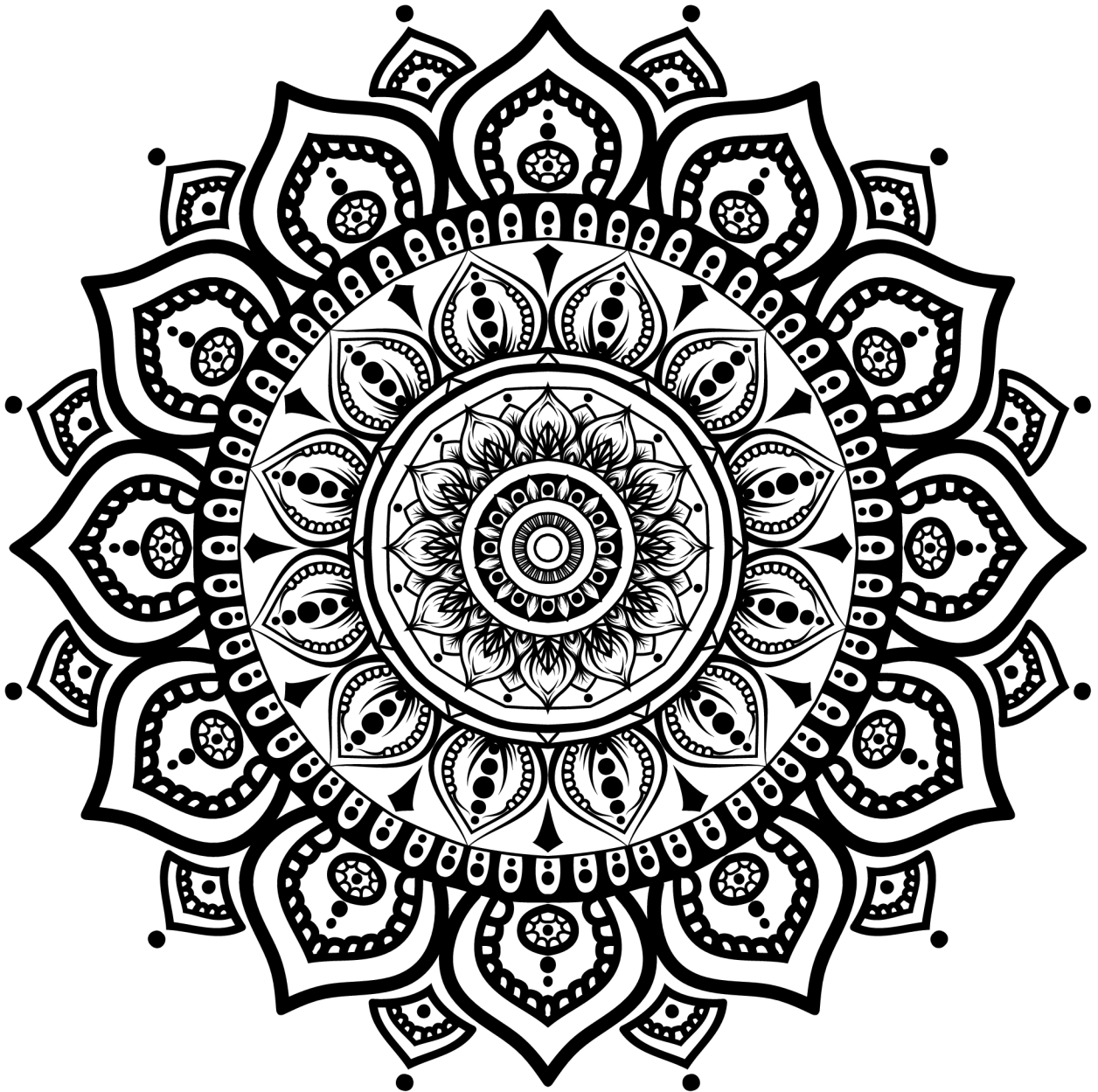
Stress Relief Coloring Page



Stress Relief Coloring Page



Stress Relief Coloring Page



Self-Care Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Daily Habit Tracker

Mood:

Start Time:

End Time:

1.

16.

2.

17.

3.

18.

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Daily Journal

Date: _____

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Notes

Notes

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Breathe...

Allison Moss ~ The Sassy Counselor



Scan for the shift-inner work never looked this good.