

UNLOCK YOUR INNER CALM

30-Day Stress Journal



HEALTHNUT
fuel your body with knowledge

THIS BOOK BELONGS TO :

This book is a companion book to *"Unlock Your Inner Calm - A comprehensive Guide to Stress Management"*



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- Poor work-life balance _____
- Too much responsibility at work or home _____
- Financial problems _____
- Relationship difficulties _____
- Death of a loved one _____
- Divorce or Separation _____
- Health problems _____
- Starting a new job or becoming unemployed _____
- Unhealthy lifestyle habits _____
- Exposure to violence _____
- Exposure to natural disasters _____
- Excessive media consumption _____
- Social isolation and inability to make friends _____
- Unrealistic expectations for yourself or others _____
- Negative self-talk _____
- Lack of proper diet and exercise _____
- Lack of spiritual connection _____
- Lack of support _____
- Lack of recognition _____

Check in each day and record any area that you feel is improving and the steps you took to improve it.

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"Unlock Your Inner Calm"
(bottom right)

Or learn a simple technique to
lose weight permanently
without dieting, see my book,
"How to Stop Eating Once You're Full"
(bottom left)

Visit my author page to learn more:
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