



POP

Points Of Pain Worksheet



Many of us experience a lot of stress in our personal and professional lives and stress increases dramatically when you are trying to start and/or run a business. Before you POP, here are some questions to see your Points Of Pain so you can take some steps to help you change your habits or get resources to help you manage your stress levels.

On a scale of 1 to 5 with 1 being rarely/never and 5 being almost always, please rate the questions below:

1. Feel your life is out of control and you have too many things on your plate ____
2. Feel confused, anxious, irritable, fatigued, or physically debilitated ____
3. Having increased interpersonal conflicts (e.g. with your spouse, children, other family members, friends, or colleagues) ____
4. Negative thoughts & feelings are affecting how you function at home and/or at work ____
5. Feel overwhelmed by the demands of work tasks and/or processes ____
6. Feel overwhelmed by the demands of emails, messaging tools, and social media ____
7. Have difficulty accomplishing tasks, goals or processes ____
8. Recently experienced a life-altering event, such as a change of marital status, new work responsibilities, job loss, retirement, financial difficulties, injury, illness, or death in the family ____
9. Need assistance with determining next right steps with personal or professional decisions ____
10. Feel efficient in setting and accomplishing tasks ____

What the Score Means

- If you scored 0 to 15, you are probably coping adequately with the stress in your life. There may be some areas that you want to work on though. If you saw any areas that relate to goal setting, time management or process improvements needs for personal or for your business, contact The Goals Factory!
- If you scored 16 to 29, you are suffering from stress and would be wise to take preventative action. The Goals Factory can help with strategy sessions to set and reach goals, time management, process assessments or improvements, and much more- contact us today!
- If you scored 30 to 50, you need to take preventative action to avoid burnout. The Goals Factory can help and also has resources to help you address and manage the areas of your personal and professional life that you may need assistance with. Better now than later!

Your Points Of Pain are important, don't ignore them- fix them before you P.O.P.!

Let us know how we can help at...



www.GoalsFactory.com

Email: success@goalsfactory.com

Phone: 336.543.4333

