

<b>Stress Reduction Action Plan Worksheet</b>			
<b>Stress Factors in Your Life (list 6 factors that cause stress)</b>	<b>Prioritize 1 = most stressful 6 = least stressful</b>	<b>What can you do to reduce, eliminate, or cope with these stressors ?</b>	<b>List what your spouse can do to help you reduce stress</b>
A			
B			
C			
D			
E			
F			

Note: Original purchasers of this book are permitted to photocopy or download the forms in this book for personal use only, not for distribution. All forms can be found and downloaded at [www.SleepingWithYourBusinessPartner.com](http://www.SleepingWithYourBusinessPartner.com).

### ~ Work Style and Personal Style ~

While it is true that most people develop rather predictable and preferred ways of behaving, their behavior might be altered depending on the pressures of the environment. For example, a thirtysomething male businessman can exhibit consistent behavior for many years. However,