1. The most important stress-related issues I want/need to address are:

2. The parts of the stress-related issue which I can control or influence include:

3. The goals or the positive results I would like to achieve are:

4. The first step I will take to achieve my goal is:

5. The stress management technique(s) which are most likely to help me achieve a positive result are:

6. I will know I have made a positive change by:

7. Potential barriers to success are:

8. Possible ways to overcome these barriers include:

9. The people who could best support me in this effort are:

10. I will contact them by___________ to discuss this Action Plan and request support.