

Time	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
10pm								
11pm								

Step 2: Highlight those micro stresses that are occurring on a regular basis, there are your priority stresses! Note top 3 in column A in table below.

Step 3: Note small action steps to change your priority stresses and move to wards a calmer day. Note in column B.

Step 4: Share your changes with those around you and start today - this is your commitment to yourself!

Step 5: Set a reminder to review how you feel in one weeks time, are there any tweaks you can make to your actions to reduce your micro stresses further. Note in column C.

A. Priority Micro Stresses to Change	B. Action Steps	C. Review
e.g. Spend less time checking notification on phone - not always urgent!	e.g. Don't check phone for first hour of the day	e.e. Found this a calmer start to the day, decided to do the same 2 hours before bed also
1		
2		
3		

Once your happy you've reduced these priority stresses, you can do steps 3-5 with your next priority stresses and so on....

Small steps at a time, your daily life can become less stressful. Practice and feel the benefit!
Sam x

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