

# STRESS HARDINESS

**What's stressing you out?**

**Write out the facts**

**Recognize how it makes you feel**

**Notice any body sensations**

**Give you ego a voice**

# UTILIZE YOUR STRENGTHS

## List Your Strengths

- 1.
- 2.
- 3.
- 4.
- 5.

Choose 1 strength

Put it to work