

REMARKABLE SELF-CARE:

The Art of Prioritizing YOU for Greater
Impact with Grace and Ease

STRESS ASSESSMENT QUESTIONS

Lesson 3

Are there any unresolved conflicts in your life right now? Are there recurring disagreements at work or with loved ones?

Are you (or someone you love) suffering from disease, illness or a loss of a loved one? If so, in what ways is it negatively impacting you?

What do you find you worrying excessively about or ruminating on lately?

Is there a part of your home or office creating stress for you? If so, which part and why?