

# Turn Your Stress Into Motivation

Although stress is usually unavoidable, it's completely normal. There are ways to reduce your stress, like exercising and getting enough sleep, and there are also ways to turn the negative stress into productivity. With a few simple steps, you can take your stress and create positive results.

## STEP 1: IDENTIFY YOUR STRESSORS

In the space below, write down all of the things causing you stress, discomfort, unrest, and anxiety right now.

**example:** I am nervous about my upcoming presentation to the senior leadership team.

## STEP 2: REFRAME

Take a closer look at each of the stressors you identified on page 1. Reframe how the stressor impacts you. For example, you can state how you want to feel about the stressor, or focus on the benefit or positive results of the outcome.

**example:** My project will give the company invaluable insight and data it can use right away...

### REFRAME STATEMENT

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## STEP 3: TAKE ACTION

Finally, identify one action you can take right now towards making the reframe true. Taking a step towards something positive and making progress will help lessen the stress. You will also have a greater sense of control by assigning a deadline to the action.

**example action:** I will rehearse and practice the key points of my presentation until I feel like I can do it easily.

### ACTION

### DEADLINE