



I AM SOOOO STRESSED OUT!

WORKBOOK

BY JULIE D. BURCH

My stress guesses:



Julie's Top Stressors

3 Reasons We do the exercise:

1. _____
2. _____
3. _____

Other _____!
It's like hot _____.





It's about _____.

You Tell Me:



Old School.

Not Your Mama's Stress Management!



$$E + P = S$$



Think of your stress like _____.

Question #1:

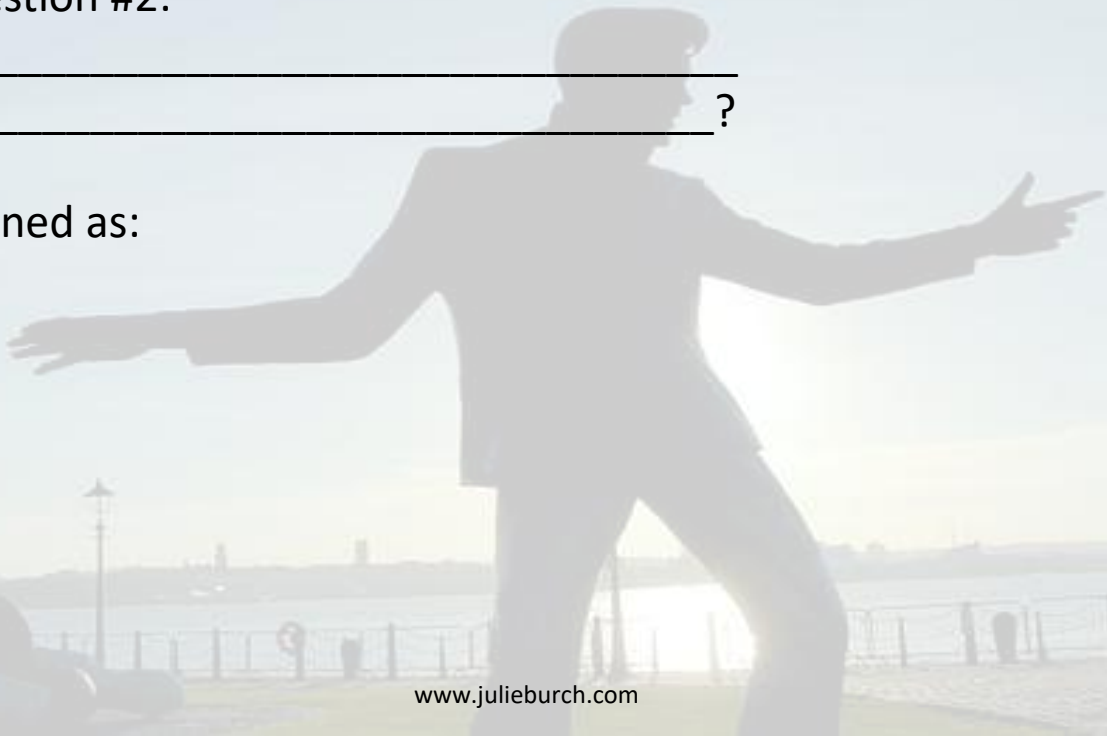
?



Question #2:

?

Defined as:



If you will do one thing ***different*** every single day,
you have the **power** to make every one of your
tomorrows ***better*** than today.

-- Julie D. Burch



I would LOVE your feedback...
Scan the QR Code and get your
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Julie Burch *JB* Speaks!
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