



CHALLENGES YOU MAY FACE - WORKSHEET

What might get in the way of your plan?

In the following table, write down things that you think might get in the way of your plan (challenges), what you can do if this happens (intervention) and how you can stop it from happening (prevention).

Challenges <i>What might get in the way of your plan?</i>	Intervention <i>What can you do if it happens?</i>	Prevention <i>How can you stop it from happening?</i>
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What is your current stress level?
Fill in the stress thermometer and
refer back to this to see if your
stress level has changed once
you have evaluated your plan.



High stress

*I'm stressed and it usually gets
in the way of my life.*

Moderate stress

*I'm stressed but it usually is
under control.*

Low stress

I'm not very stressed.