

## 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.*