

# Answer these 4 questions to help you identify and eliminate stress points



**By Mari Beth Poor**

[mbpcoaching.com](http://mbpcoaching.com)





## Step 1

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# What are 5 small things that cause you stress?

Examples include:

- the messy car
- the lightbulb that is burned out in the bathroom
- the overflowing email inbox
- the dentist appointment that needs to be made

You can do a global list like the one above, OR start with even one area of your life and make a list of stresses in that area: your garage, your yard, your kitchen, your office, your car.



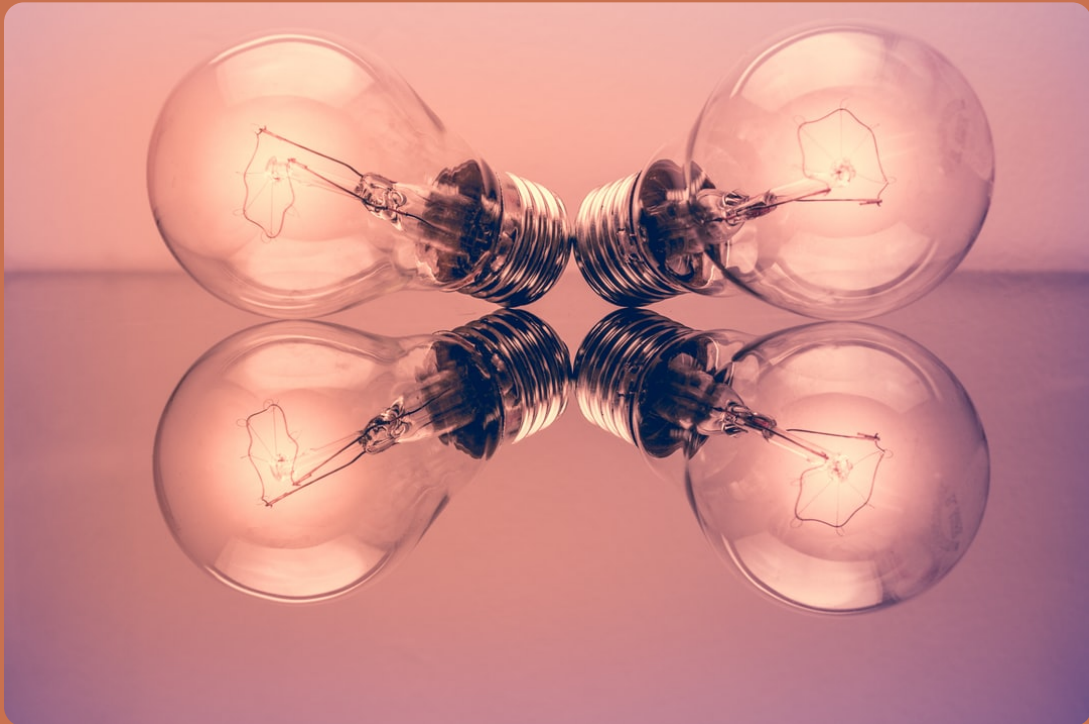
## □ Step 2

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# What is a solution for each one of the stress points?

Solutions might be :

- I am going to set aside 45 minutes this week to clean out my car.
- I will buy a lightbulb today.
- I will answer 5 emails this week and delete 10 unnecessary ones.
- I will put an appointment reminder in my phone to call the dentist.



## Step 3

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# What day(s) over the next week will you solve those stresses?

Nailing down specific days and times will increase the likelihood of solving the stress points. Once you decide when you will accomplish something on your list, consider putting reminders in your phone.





## Step 4

# How can you celebrate accomplishing the things on your list?

It may seem silly but celebrating the small things gives us a sense of joy and allows us to continue to navigate life one day at a time.





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# Life's too short to be stuck!

If you would like help navigating the bigger areas in your life that cause stress, I would love to be a part of your journey. Coaching is about partnering with people as they set a goal in an area of their life and accomplish it one step at a time.

**TAKE A NEXT STEP!**

**Attract'**

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