**Module 2 Journal**

**Intention Setting (based on my values, my goals, my dreams)**

My Intention for my health:

My intention for my most important relationship:

My intention for my work:

My intention for… (create another one for whatever comes to mind)

**Personalized Stress Plan: PSP**

There will be a longer training about this in Module 3, but I want to get some ideas flowing about it for this week and for our coaching sessions. Your PSP is your plan that you (and I ) develop for you that you KNOW you can count on to neutralize and re-focus any negative emotion that comes up in your day. As you do this process of becoming aware and bringing your stress reaction down, you start training your nervous system to heal. If you have a plan in place you will feel confident and assured that you can go out, live life, interact with people/food/things/facebook, etc and be triggered and THEN have a plan of how to get out of the reaction. Then overtime, you simply won’t be triggered nearly as much.

What do you do now to relieve stress?

What would you like to learn to do as new ways to relieve stress?

Why is this important to you? (list your values or goals that stand out as priorities for you)