

# STRESS/RESISTANCE TOOL

How does your stress REALLY measure up?

Never  
(0 points)

Rarely  
(1 points)

Sometimes  
( 2 points)

Often  
(3 points)

Consistently  
(4 points)

I have a successful career, but I never have time to do things I really enjoy.

I find that I “snap” (yell at) my partner, my kids or my employees.

I work on my days off.

I feel like my life is on autopilot and does not feel fulfilling or inspiring.

I’m doing so much for others that I never have time for myself.

I feel like I’m constantly trying to catch up at work and at home.

I work late or skip lunch at least two times per week.

I have a health condition that is impacted by stress.

I rarely get enough sleep, or I don’t sleep through the night.

I’m too tired to exercise

I numb out with netflix, social media, food or alcohol

I want to make a change, but I feel stuck and struggle with followthrough.

TOTAL STRESS ASSESSMENT SCORE \_\_\_\_\_

## Score Interpretation:

Low Stress            1-10  
Moderate Stress    11-22  
High Stress           23-33  
Extreme Stress       34-44

**Questions to reflect on:** How long has your life been like this?  
How much longer are you willing to tolerate your current circumstances?

If you are ready to make a change, schedule a complimentary session today to see if I can help: **Call 602.363.5533** or [Book Online Here](#)