

Stress and Burnout Action Plan

My personal sources of stress:

- 1.
- 2.
- 3.

Three things I need to delete from my life:

- 1.
- 2.
- 3.

Three things I need to add to my life:

- 1.
- 2.
- 3.

Three changes I can make immediately:

- 1.
- 2.
- 3.