



PERSONAL STRESS PROFILE

"You can't stop the waves, but you can learn to surf."

—Jon Kabat-Zinn

BALANCING YOUR PRIORITIES

First, indicate how much time you "Now" spend on each of these areas. Next, decide on the amount of time you would ideally spend—"Your Goal". Then decide how you can achieve your goal.

	NOW (Hours per week)	YOUR GOAL	How will you move toward your goal?
WORK:			
Time on job/school	_____	_____	_____
Bringing work home	_____	_____	_____
Commuting	_____	_____	_____
PERSONAL:			
Exercise	_____	_____	_____
Television	_____	_____	_____
Computer/video games	_____	_____	_____
Hobby/Recreation	_____	_____	_____
Reading	_____	_____	_____
Friends	_____	_____	_____
Religious activities	_____	_____	_____
Volunteering	_____	_____	_____
Sleep (hours per night)	_____	_____	_____
MARRIAGE: (Couple)			
At home together	_____	_____	_____
Activities/Dates	_____	_____	_____
Discussions (minutes per day)	_____	_____	_____
HOME:			
Cleaning	_____	_____	_____
Cooking	_____	_____	_____
Grocery shopping	_____	_____	_____
Errands	_____	_____	_____
Lawn/Garden	_____	_____	_____
Home maintenance	_____	_____	_____
FAMILY: (if children at home)			
Number of meals together	_____	_____	_____
Family activities	_____	_____	_____
Transporting children	_____	_____	_____
Helping with homework	_____	_____	_____
At home together	_____	_____	_____

COUPLE DISCUSSION:

- What areas feel out of balance to each of you?
- What steps must you take in order for your goal to become reality?