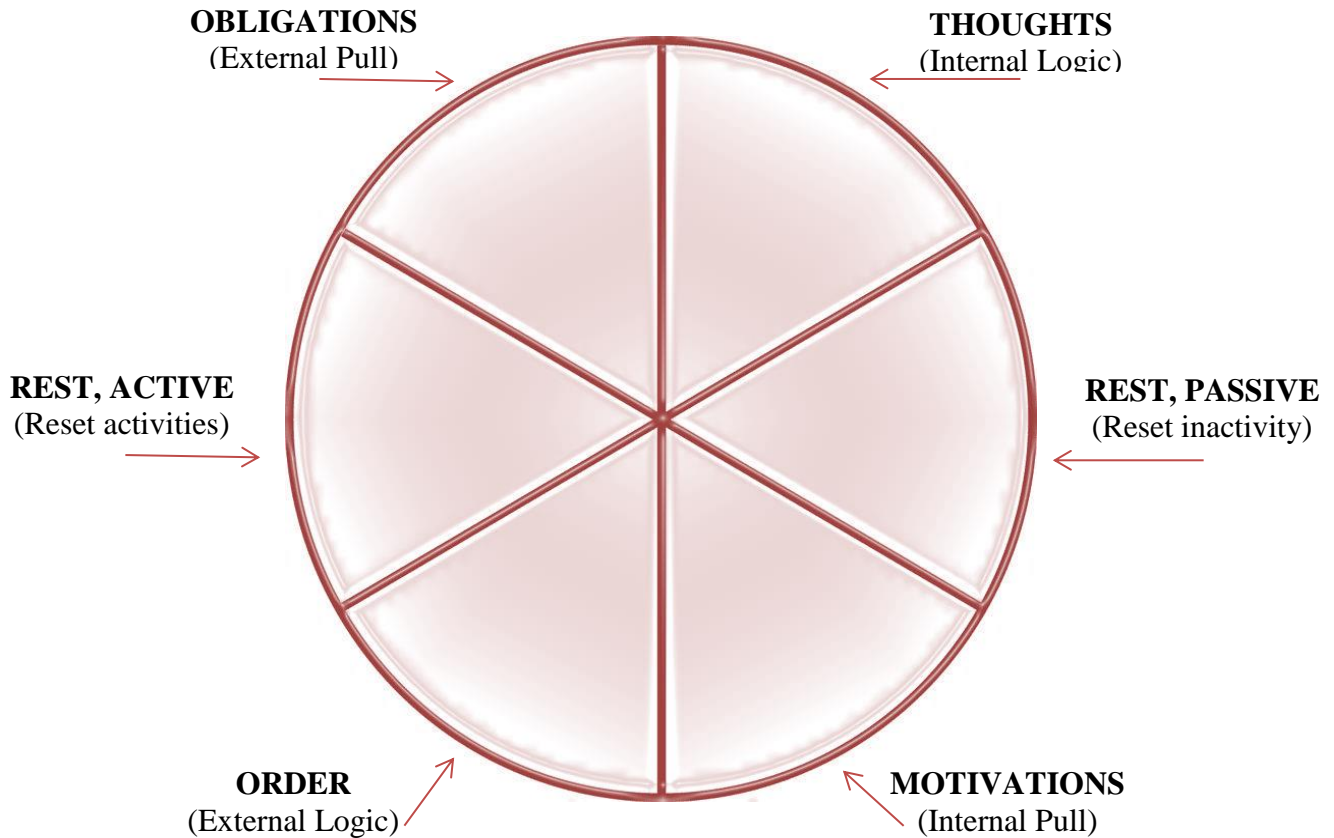




# Stress M.O.T.O.R. Development Wheel

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



## Stress M.O.T.O.R. WHEEL INSTRUCTIONS

1. Taking the centre of the wheel as 0 (low levels of stress) and the outer edge as 10 (high levels of stress), rank your **level of stress** experienced by drawing a line to create a new outer edge (see example). The new perimeter of the circle represents how your stress energy is working for you. Is it still round? No? Go to # 2.
2. Take each section & its opposite to check your paired wheel balance. Add the two scores and divide them by 2. Small changes in one side or the other to get it close to that number will help your stress M.O.T.O.R. function more smoothly. This will generate your stress skills development goals. Decide where to start. Go to # 3.
3. List at least 3 specific examples in each area that are driving your stress in it. If available, use our *Stress M.O.T.O.R. Tuneup* worksheet. Choose specific actions that directly affect your pairs to optimize by either increasing or reducing practices for impact. Practice actions for 30 days. Note any changes.

The 6 sections in this wheel represent your **stress flow**. In balance, the stress you experience in life is equally distributed and accessed by you where you need it. Out of balance, your stress levels create a bumpy life road with a great deal of energy being wasted trying to control its surging effects one way or another. Coaching helps people learn the skills necessary to consistently balance their stress. Contact us!

**PAIR 1:**

**PAIR 2:**

**PAIR 3:**

### EXAMPLE

