



# Stress M.O.T.O.R. Tuneup Worksheet



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Tune and optimize your stress flow. What actions or behaviors could you STOP, do LESS of, KEEP DOING, do MORE of - and what could you START? If available, use our *Stress M.O.T.O.R. System Development Wheel* worksheet to identify stress pairs first.

|   | STOP | Do LESS | KEEP DOING | Do MORE | START |
|---|------|---------|------------|---------|-------|
| 1 |      |         |            |         |       |
| 2 |      |         |            |         |       |
| 3 |      |         |            |         |       |
| 4 |      |         |            |         |       |
| 5 |      |         |            |         |       |