**The Goldilocks Principle**

Where the optimal level of stress is not too much, not too little, but an amount that’s just right.

**Answer these questions briefly, before you score yourself below:**

1. When was the last time you tried something new? ……………………………………………………………
2. How much are you learning and growing right now? …………………………………………………………
3. Do you feel you're doing too much - or not enough? …………………………………………………………
4. When was the last time you took a risk? ……………………………………………………………………….
5. When was the last time you took a break? ……………………………………………………………………..

**So, where are you based on the "Goldilocks Scale"?**

Use your gut-feeling to put an X on the line to represent how comfortable you are in your life right now:

Calm

Curious

Compassionate

Creative

Confident

Courageous

Connected

Clear

Choice

Stressed out

Burnt out

Overwhelmed

Not sleeping

Irritable

Craving sugar

Bored

Procrastinating

Underwhelmed

Not sleeping

Irritable

Craving sugar

**-5 0 +5**

**Too much stress Just right ☺ Not enough stress**

**Does where you are on the "Goldilocks Scale" serve you and your goals?**If yes, what will you do to continue this. If not what do you need to do about it?

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“Perhaps the world's second-worst crime is boredom; the first is being a bore”- Cecil Beaton  
Read more at https://www

**Are you lacking enough Stress? What have you been putting off doing because it makes you a little stressed?**

**What small steps can you take that are uncomfortable but doable?**

**Write up to 3 actions you are prepared to take to achieve a little more stress?**

**1st Step** Something you can do **Now!** (right away or by the end of today) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2nd Step** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_ By when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3rd Step** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Some ideas for achieving a little more stress**

Revisit your Purpose in Life (Do this worksheet)

Identify new goals (Do this worksheet)

**Are you experiencing too much Stress? What have you been doing that is making you too stressed?**

**What small steps can you take to reduce your stress?**

**Write up to 3 actions you are prepared to take to achieve a little less stress?**

**1st Step** Something you can do **Now!** (right away or by the end of today) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2nd Step** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_ By when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3rd Step** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ By when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Some ideas for less stress**

Use your Superpower of Choice and Learn to Say NO! (Do this worksheet)

Try some guided mindfulness

Try a Body Scan

Try a Breathing Exercise

Detox your relationships (Do this worksheet)

Stop Ruminating – Let Go of the past (Do this worksheet)

**Note: it’s about being “Just right”, Feeling like Your Highest Potential Self –Superpowered You!**