

Shifting Your Focus Beyond Stress

Focus, Week 3 Worksheet: 6-15-26

Purpose:

To help you recognize where stress is consuming your attention and practice redirecting your focus toward balance, perspective, and progress.

1. Stress Check-In

What are the top three things causing you stress right now?

- 1.
- 2.
- 3.

2. What Is Still Going Right?

Even with those stressors, what are three things that are currently going well?

- 1.
- 2.
- 3.

3. Finding Balance

Choose one current stressor:

What is one thing I can control about this situation?

What is one thing I need to let go of?

4. Redirecting My Focus

When I notice myself spiraling into stress, I will:

- ☐ Take a deep breath
- ☐ Focus on one next step
- ☐ Write down what I can control
- ☐ Look for one thing going right
- ☐ Reach out for support
- ☐ Other: _____

Reflection

Complete this sentence:

"When I focus on balance instead of just stress, I feel

_____."

