

Monthly Self-Help Stress Contract

I, _____

on this _____ day of the month of

agree to try new options each week for the whole month.

<input type="checkbox"/> January	<input type="checkbox"/> July
<input type="checkbox"/> February	<input type="checkbox"/> August
<input type="checkbox"/> March	<input type="checkbox"/> September
<input type="checkbox"/> April	<input type="checkbox"/> October
<input type="checkbox"/> May	<input type="checkbox"/> November
<input type="checkbox"/> June	<input type="checkbox"/> December

I have chosen the following stress management tips in each category of

Awareness: _____

Balance: _____

Control: _____

Other: _____

Signed: _____ Date: _____

Monthly Self-Help Rehabilitation Progress

Monitoring your progress for last month

This month I have completed the following steps for the month of _____:

Step 1: Assessed myself as Type A Type B Type C Personality.

Step 2: Identified stress map danger zones in:
 Work Relationships Money Leisure Body Mind

Step 3: Learnt to balance Worries Conflicts Emotions

Step 4: Chosen stress management tips to try this month from each category of
 Awareness Balance Control

Step 5: Last month's contract benefitted me: greatly slightly not at all

Step 6: I have created my contract for the following month: Yes No