



WELCOME TO YOUR RUN HEALTHY LEVEL UP STRESS WORKBOOK!

This is your personal space for reflection of stress in your life. Remember, the key is honesty – with yourself and with this process. The more truthful you are about where you stand right now, the clearer your path forward will be, and the more meaningful this challenge becomes.

REFLECTION

Find a quiet place where you won't be disturbed and take your time to think deeply. This is not about quick answers but about true awareness.

TO USE THE SCALE

Imagine 10 as your ideal state – so good you wouldn't change a thing. On the other hand, 1 represents a major problem, something that strongly limits you.

REFLECTION QUESTIONS

HOW WOULD YOU RATE THE AMOUNT OF STRESS IN YOUR LIFE ON A SCALE OF 1-10?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this score?

What score would you like to reach by the end of the month?

1 2 3 4 5 6 7 8 9 10

What will change for you once you reach that score?

HOW WOULD YOU RATE YOUR ABILITY TO MANAGE STRESS ON A SCALE OF 1-10?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this score?

What score would you like to reach by the end of the month?

1 2 3 4 5 6 7 8 9 10

What will change for you once you reach that score?

HOW WOULD YOU RATE YOUR INNER CALM AND ABILITY TO PAUSE ON A SCALE OF 1-10?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this score?

What score would you like to reach by the end of the month?

1 2 3 4 5 6 7 8 9 10

What will change for you once you reach that score?

HOW WOULD YOU RATE THE IMPACT OF STRESS ON YOUR BODY (e.g., fatigue, tension, sleep) ON A SCALE OF 1-10?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this score?

What score would you like to reach by the end of the month?

1 2 3 4 5 6 7 8 9 10

What will change for you once you reach that score?

FINAL REFLECTION

Add up your points from all scales and write down the result:

30–40

Congratulations! You probably already feel great and act accordingly. Still, there may be areas for small improvements.

14–29

Warning zone. You may be “stuck in the middle” or have big differences between areas. Now you know exactly what to focus on.

0–14

Congratulations! You may have just realized that you don’t feel as good as you want to. This is your starting line and your reason to change – now.

NOW IT’S UP TO YOU.

If you’re not satisfied, it’s time to take responsibility and start changing things. And that’s exactly why this challenge exists. We wish you good luck on your journey – and remember, our online community is here with support and inspiration.

Join the online community!

