

Stress Busters Series - Journal

Day 1

What stress buster experiment did you try ?

What was your experience like?

Do you have an aspiration for incorporating this into your stress busting plan?

Day 2

What stress buster experiment did you try ?

What was your experience like?

Do you have an aspiration for incorporating this into your stress busting plan?



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Day 3

What stress buster experiment did you try ?

What was your experience like?

Do you have an aspiration for incorporating this into your stress busting plan?

Day 4

What stress buster experiment did you try ?

What was your experience like?

Do you have an aspiration for incorporating this into your stress busting plan?



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Day 5

What stress buster experiment did you try ?

What was your experience like?

Do you have an aspiration for incorporating this into your stress busting plan?

