



Stress Awareness Checklist

Empower Your Mind, Transform Your Life

By Empowerment Alchemist - Anil

Full Name _____

Occupation _____ Contact Number _____

Low Stress Levels - Flow State

You're aligned, energized, and in coherence

- | | |
|--|--|
| <input type="checkbox"/> I feel grounded and resilient, even under pressure | <input type="checkbox"/> I confidently set healthy boundaries and say "no" when needed |
| <input type="checkbox"/> I can relax with ease, nurturing both body and mind | <input type="checkbox"/> Others see me as calm, adaptable, and approachable |
| <input type="checkbox"/> Physical activities and recreation bring me genuine joy | <input type="checkbox"/> My energy inspires success and positive connections |
| <input type="checkbox"/> My thinking is clear; I learn, adapt, and grow effortlessly | |

Moderate Stress Levels - The Balancing Act

You're managing, but signs of imbalance are surfacing

- | | |
|--|---|
| <input type="checkbox"/> I feel driven, sometimes hyperactive, chasing results | <input type="checkbox"/> My sleep is adequate, though not fully restorative |
| <input type="checkbox"/> Discipline, social expectations, or stimulants fuel my productivity | <input type="checkbox"/> Fatigue lingers, but I'm taking steps to recharge |
| <input type="checkbox"/> I make quick decisions but occasionally overlook key details | <input type="checkbox"/> Others view me as successful, yet often tired |
| <input type="checkbox"/> I feel overwhelmed at times, but I can still set limits | |

High Stress Levels - Survival Mode

Your body and mind are signalling for urgent recalibration

- | | |
|---|---|
| <input type="checkbox"/> I lose perspective easily, feeling disconnected from my purpose | <input type="checkbox"/> Recurring minor ailments, aches, or tension affect my well-being |
| <input type="checkbox"/> My work-life harmony feels strained and out of sync | <input type="checkbox"/> I work longer hours but feel less accomplished |
| <input type="checkbox"/> Irritability and restlessness often cloud my day | <input type="checkbox"/> My thinking feels foggy; clarity feels distant |
| <input type="checkbox"/> Complaints and frustrations dominate my thoughts and conversations | <input type="checkbox"/> Life feels like I'm on autopilot—just surviving, not thriving |

What's Next?

Stress isn't the enemy—it's an opportunity for transformation. Recognizing your current state is the first step toward reclaiming your power, resilience and inner peace.

Ready to shift from survival to **THRIVING**?

Discover heart-centered tools, resilience strategies, and coherence practices with Empowerment Alchemist Anil

Book your transformation session today with Empowerment Alchemist - Anil

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