

[AM I STRESSED?]

JOY IN THE JOURNEY

FOR PROFESSIONALS

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SOMETHING IS WRONG...

In one of the largest studies of burnout in history, **Gallup** found that **60% of people are emotionally detached at work and 19% are miserable.**

The study further found that employees in the United States and Canada are some of the **most worried and stressed-out workers in the world.**

Using success to achieve happiness leads to a jammed resume, a bunch of recognition and a high salary.

The problem is, eventually we all get to a point where we realize none of these achievements matter if we're not enjoying our lives.

We all feel stress at some point and it impacts more than our professional life. No matter what you are feeling, know this: You are not alone.

There are millions of overachievers – just like you and me - struggling with these issues, wondering if there's a better way.

The first step in any journey is increasing your awareness. That is exactly what this short exercise is designed to do.

Ready to start enjoying the journey?

Let's get started.

—CJ

AM I STRESSED?

1

Completely
Agree

2

Somewhat
Agree

3

Neutral

4

Somewhat
Disagree

5

Completely
Disagree

Key Phrase	Score
I rarely have trouble falling asleep and generally sleep through the night.	
I get at least 7 hours of sleep each night.	
I have complete confidence in my ability to handle the challenges I face each day.	
I rarely compare my achievements to others and celebrate when my peers receive recognition.	
I leave each day satisfied with my accomplishments and rarely bring my work home with me.	
I am even tempered with my family and friends and rarely get angry or frustrated with trivial matters.	
I am able to live in the moment and not obsess about the past or the future.	
I don't overreact to setbacks - both personally and professionally and recognize that these are all simply part of life.	
I am grateful for each day and find it easy to see the good in every situation.	
I quickly forgive others when they act in a manner that is frustrating.	
I focus exclusively on the things that are within my control and don't worry about those things I can do nothing about.	
I don't feel the need to be constantly productive and have no trouble simply sitting quietly and enjoying the moment.	

HOW'D YOU SCORE?

1-12

You're living in a monastery.

13-24

You're doing better than 90% of the population.

25-36

You should consider making some improvements.

37-48

Your stress level is impacting your personal and/or professional life.

49-60

Your stress level is *severely* impacting your personal and/or professional life.

Need Help?

The Achiever's Compass™ will give you tangible, proven tactics to help reduce your stress in all areas of life.

Take the
Achiever's Compass™

