

Blossom Worksheet: The Three T's

Use this worksheet to list out stressors you have experienced in the categories provided. The past will help gain new perspective on where you are now, the present will show you areas you can create positive change now, and the “positive plan” is where you can write in these changes you plan to incorporate or the person you will look to hire to work on a plan of action with.

	Past Stressors	Present Stressors	Positive Plan
Physical			
Chemical			

Mental/ Emotional /Spiritual			
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