

**Directed Writing Task**

**Directions:** Identify the specific stresses in your life. Write a word or phrase to describe each stressor listed in the boxes below.

**ME**

1. Consider the stressors presented above the following questions:

a. What stressor has the greatest impact on you? \_\_\_\_\_

b. How do you best describe stress? \_\_\_\_\_

c. Why do you feel stress is important in your life? (What, why, when, or where?) \_\_\_\_\_

d. Write a message/letter to your future self about this stressor? \_\_\_\_\_

2. Use the word or phrase that best describes your current stage of organizational stress. \_\_\_\_\_