



The FOUNDATION

Forge Elite Teams and Healthy Families

Target Analysis

Self-Assessment: MANAGING STRESS
High Value Target ID
Prioritize & Execute the HVT

Objective: This self-assessment is a tool for *self-awareness, growth and improvement*, and it is designed to uncover blind spots as they relate to **Managing Stress**. Upon completion, you'll have identified the **High Value Targets (HVTs)** – blind spots that account for 80% of your obstacles – and have a clear understanding of how to *Prioritize & Execute*. Likewise, this exercise provides a foundation for fostering elite culture and professional development. *This is where knowledge meets action.*

Blind spot: An area that goes unnoticed; Can't be seen or recognized without external input or conscious effort to uncover them.

Course of Action (COA): Immediate next step and overall plan

As you read each question, your first instinct is usually the most accurate answer.

Comprehensive self-assessment with Likert scales 1-5

1 = Strongly Disagree

2 = Disagree

3 = Agree

4 = Strongly Agree

Managing Stress

1. I use **deep breathing** exercises to manage my stress levels. ____
2. I practice **mindfulness or meditation** to help control my stress. ____
3. I engage in regular physical **exercise** to reduce stress. ____
4. I prioritize getting sufficient and quality **sleep** to manage my stress. ____
5. I maintain a balanced and nutritious **diet** to support my stress response. ____
6. I optimize **bandwidth** to prevent feeling overwhelmed. ____
7. I maintain harmony between work and personal life. ____
8. I seek and rely on **support** from friends and family when stressed. ____
9. I regularly practice **relaxation techniques** such as breathwork or stretching. ____
10. I focus on **controlling the controllables** to counteract stress. ____
11. I set and maintain **boundaries** to protect my time and energy. ____
12. I **focus on solutions** – not minutiae - when faced with stressful situations. ____
13. I engage in **hobbies** and activities that I enjoy to relax and de-stress. ____
14. I practice **self-compassion** and avoid self-criticism during stressful times. ____
15. I seek professional help when my stress levels are unmanageable. ____

Thoughts on *Well-being* and how to *Prioritize & Execute- Your HVT*:

If you could change one factor in your life that impacts stress / optimizes performance, what would it be?

How would your life be different?

Who will hold you accountable?