

Daily Stress	Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Sat.
<b>Work</b>	Do Not Work Today	Do not work overtime	Finish one task today.	Take an extra 10 minutes to yourself	Organize your desk.	Go over your week to make sure you fulfilled your duties. Prepare for the next week.	Do not work today even if you want too.
<b>Chores</b>	No chores today. Assign the rest to other members of the family to complete for the week.	Do one chore today for you and for each family member.	Take a breather. Don't do any chores today.	Do one chore today for you and for each family member.	Do one chore today for you and for each family member.	Do one chore today for you and for each family member.	No chores today.
<b>Marriage</b>	Allow 30 mins. To chat about what you're thankful for before going to bed.	Give your mate a long, loving kiss.	Give your mate a long, loving hug. Squeeze them tight.	Set aside time to talk about anything you need too.	Start thinking about making love to your mate.	Set aside some one on one time for some intimacy	Sleep in with each other.
<b>Money</b>	Set aside at least \$10 for your personal savings.	Go over all of your bills for this week and set a budget.	Make a goal to pay off a debt or cut back on spending	Do not spend money on that coffee.	Do not think about finances at all today.	Reward yourself for not going over budget this week.	Do not focus on the bills for next week. Enjoy the day.

<b>Finding "Me" Time</b>	Put aside 15-30 minutes to do nothing or another type of healthy coping skill.	Do one activity through the week that relieves stress in a healthy way.(15- 20 min.)	-----	-----	-----	-----	-----