

Ultimate Relaxation Blueprint

Step 2: Pre-Video-Assignment Work Sheet

“Get Education” on which activities truly relax you and which activities don’t.

Answer these BEFORE you watch the video.

- Which activities do you currently use to relax when you feel tensed?

- How effective are those activities? Rate their effectiveness level from 1 – 10, 1 being least effective and 10 being highly effective.

- Are you currently dependent on someone else for those activities? Yes/No

- If they are not highly effective, what do you think is the reason?

