Week One - How To Get a Grip
Lesson 4:
Transformation Exercise

Vitelligence AID formula

Awareness

- What have you become more aware of this week in terms of your stress?

Identify

- What stress habits and patterns have you identified this week?

Do differently

- What can you do differently in any of the areas you identified above? (Pick one or two)

- Each day use the **2 Reflective Questions** to encourage and keep yourself on track