

@INNERGUIDE.ROSAMARIA

FROM
STRESS TO
STRENGTH
workbook



www.rosamariakallas.com

CONNECT@ROSAMARIAKALLAS.COM

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2. Your Life Assessment

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2. Your future Plan





Hello!

If you're reading this it means you are experiencing high stress levels in your life, and you are ready to make the necessary changes.

Don't worry, go through this workbook step by step, page by page, and take your time.

I have designed this workbook to help you identify your life stressors and design your own stress management strategy.

Isn't that great!

Let's get started

Rosa Maria

rosamariakallas.com

connect@rosamariakallas.com

M O D U L E 1

1. The Process
2. Your Life Assessment



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About the Process

Every person has their own stressors, some people stress over relationships while others over finances or career choices.

In this first module we will discover what are the things that stress you the most.

YOUR REFLECTIONS:

Have you ever experienced rapid heart beats caused by stress?:

Yes

No

If Yes, was the situation about:

People

Thoughts

Did it involve:

Emotions

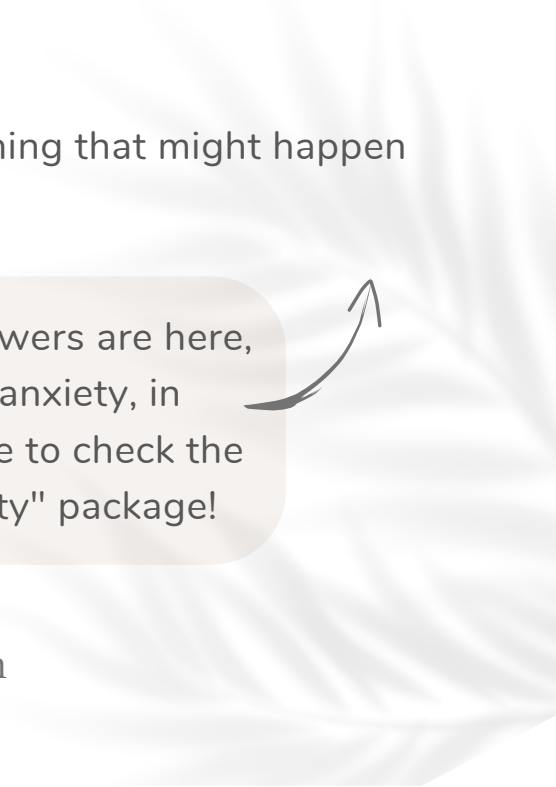
Different points of view

Was it because of :

Something that happened

Something that might happen

If most of your answers are here, it means you have anxiety, in this case make sure to check the "overcoming anxiety" package!

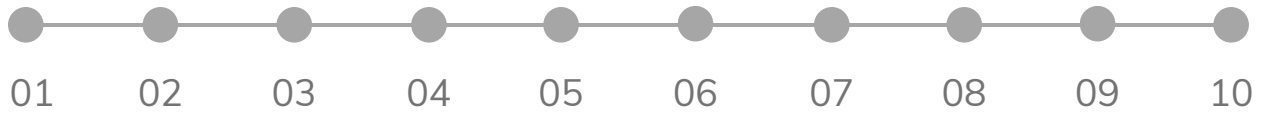


01
LOWEST

LIFE ASSESSMENT

10
HIGHEST

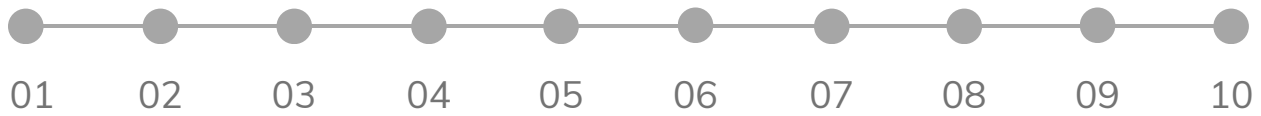
01. How much do you stress in regards to your health?



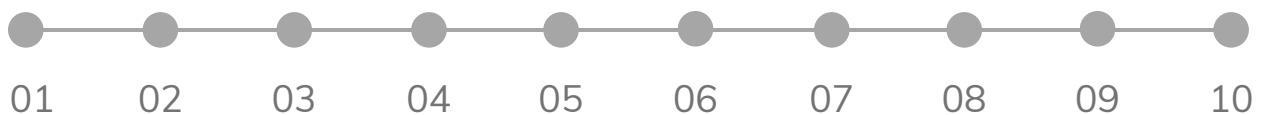
02. How much do you stress in regards to your work?



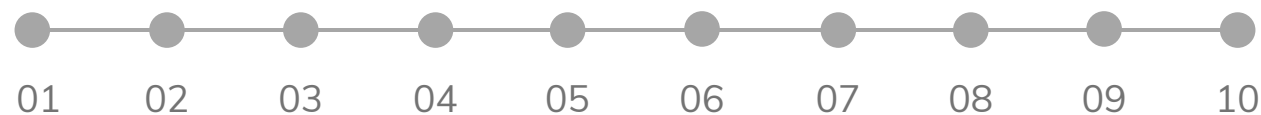
03. How much do you stress in regards to your finances?



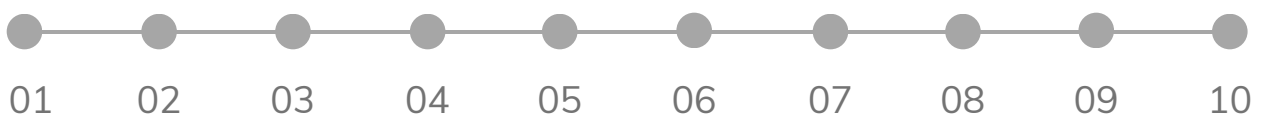
04. How much do you stress in regards to your relationship status?



05. How much do you stress in regards to your living circumstances?



06. How much do you stress in regards to your career?

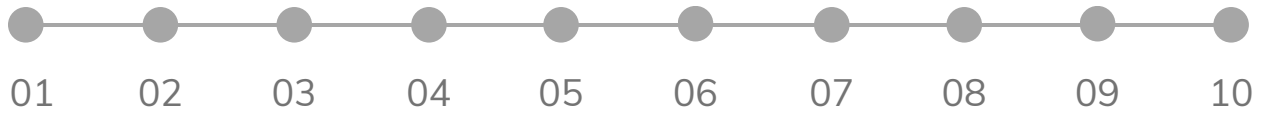


01
LOWEST

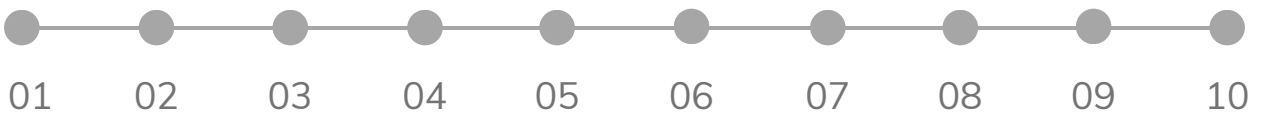
LIFE ASSESSMENT

10
HIGHEST

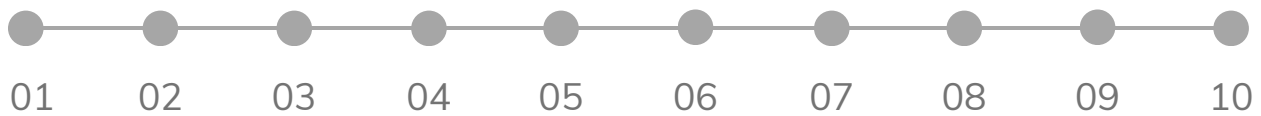
07. How much does your friendships stress you?



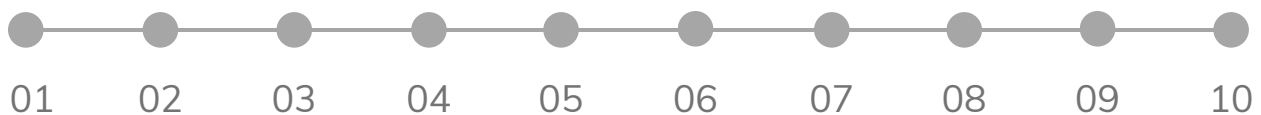
08. How much does your partner stress you?



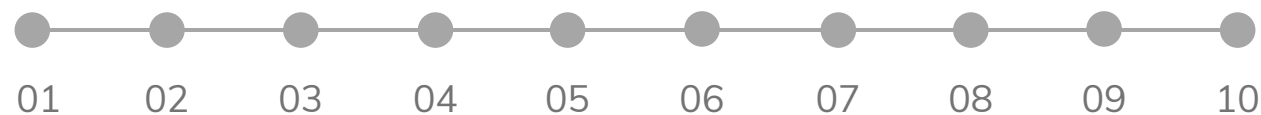
09. How much do you stress in regards to making a decision?



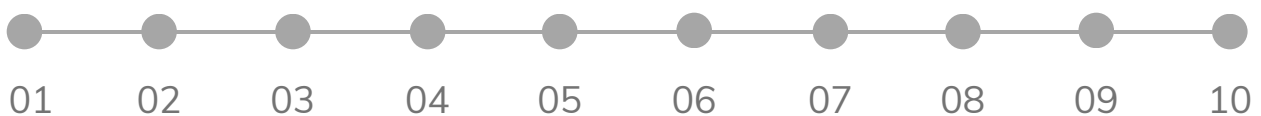
10. How much do you stress in regards to future planing?



11. How much do you stress in regards to your family?



12. How much having fun and going out stresses you?



MODULE 2

1. Mindset Quiz
2. Your Strategy



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Mindset Quiz

Based on your life assessment, take your time and note down the top 3:

HIGHEST
STRESS LEVELS:

LOWEST
STRESS LEVELS:

Was the situation about:

- People
- Emotions
- Something that happened
- Thoughts
- Statements
- Something that might happen

Was the situation about:

- People
- Emotions
- Something that happened
- Thoughts
- Statements
- Something that might happen

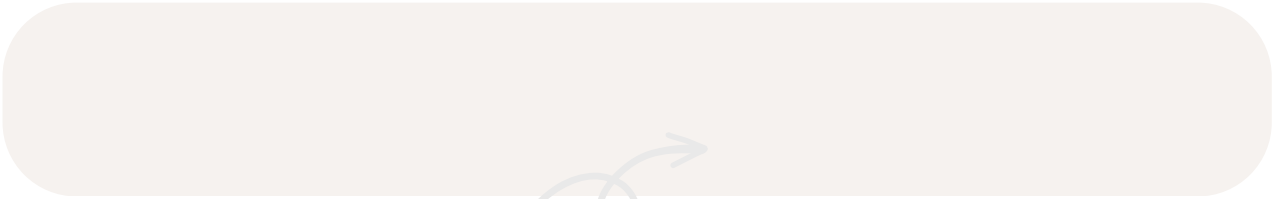
CONCLUSION:

I stress when

Your Strategy buildup

Based on your life assessment

WHAT AREA DOESN'T STRESS YOU:

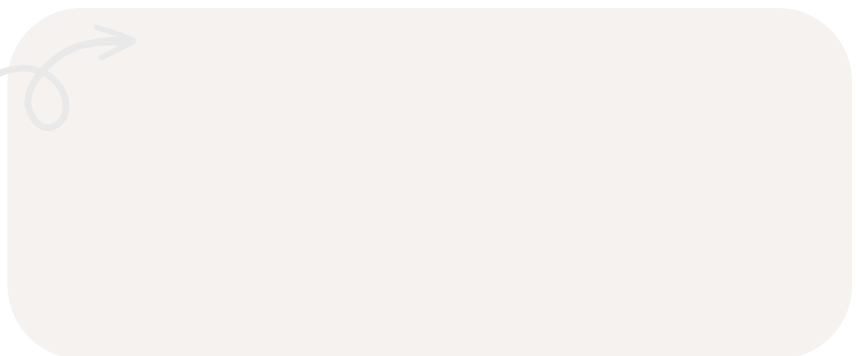


Why is it you don't stress, in this particular area?

You can choose multiple answers.

- I don't know
- It is not important to me
- I'm really good at it
- I just don't care about it
- I worked hard to get really good at it
- I put in the effort
- It comes naturally to me
- It is familiar to me
- I always have a plan
- I am just lucky, I guess
- I feel secure in it
- It has to do with the people involved
- Based on my experience
- I learned from my mistakes

SUMMARIZE
YOUR
ANSWERS



M O D U L E 3

1. Your
Winning Strategy
2. Your Future Plan



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YOUR WINNING STRATEGY

Turn your answers from your strategy buildup
into a step by step plan!

What is the first reason why this area does not stress you?
What did you do in that area so you wouldn't stress over it?

01

What is the second reason why this area does not stress you?
What is the other thing that makes this area free flowing?

02

What is the third reason why this area does not stress you?
What is the other thing that makes this area free flowing?

03

What is the fourth reason why this area does not stress you?
What is the other thing that makes this area free flowing?

04

YOUR Future Plan



Apply your winning strategy to the areas in
your life where you feel stressed.
What are the things you would do differently,
this time?

MY STEP BY STEP PLAN Based on my winning strategy	HOW CAN I APPLY IT IN THE AREA THAT STRESSES ME?
1 2 3 4	
1 2 3 4	
1 2 3 4	
1 2 3 4	

YOUR Future Plan

Let's make you bulletproof against stress!

MY STRENGTH IS	I CAN BOOST IT BY
MY STRENGTH IS	I CAN BOOST IT BY
MY STRENGTH IS	I CAN BOOST IT BY

What Clients Are Saying



GUILLAUME P.

Rosa is one of the most intuitive and empathetic people I have ever met in my life and I'm so happy that our paths crossed. I never knew how powerful my mind was until I met her. I highly recommend working with Rosa because you'll never stop learning or moving forward.



ESTHER B.

Working with Rosa has been life changing for me on so many levels. She taught me how to center myself and truly focus. More importantly, she has helped me overcome emotional eating and binging which is something I thought was impossible. She is a transformative life coach in the truest sense of the word.



SHEIKHA SAMAR GH.

Coach Rosa Maria has inspired me, she made me shift my perspective to a healthier one. From the moment I met her I felt cared for, understood, supported, loved and safe. I recommend working with her.



ALI H.

I wanted a new and healthy lifestyle. I wanted to be done with my chocolate addiction. I ended up exploring emotions, gaining new perspectives and feeling more in control over my life. I am so grateful to have chosen her as my Life Coach, she respects and empowers.



DANIELLE Y.

Rosa Maria has helped me understand the limitations that were holding me back, connect with my inner voice and overcome my fears. She is insightful, honest, and inspiring, highly professional with very good listening skills. She radiates joy and positivity.

EXTRA RESOURCES



01 *Stress Management Package*

Gain the right tools that will help you control your emotions and rapidly influence your mental and physical health.

1 MONTH PACKAGE 490.00 \$

Overcoming Anxiety Package

Get over your anxiety in a 4 step process that will rapidly change your life and heal your relationship dynamics.

1 MONTH PACKAGE 590.00 \$



02

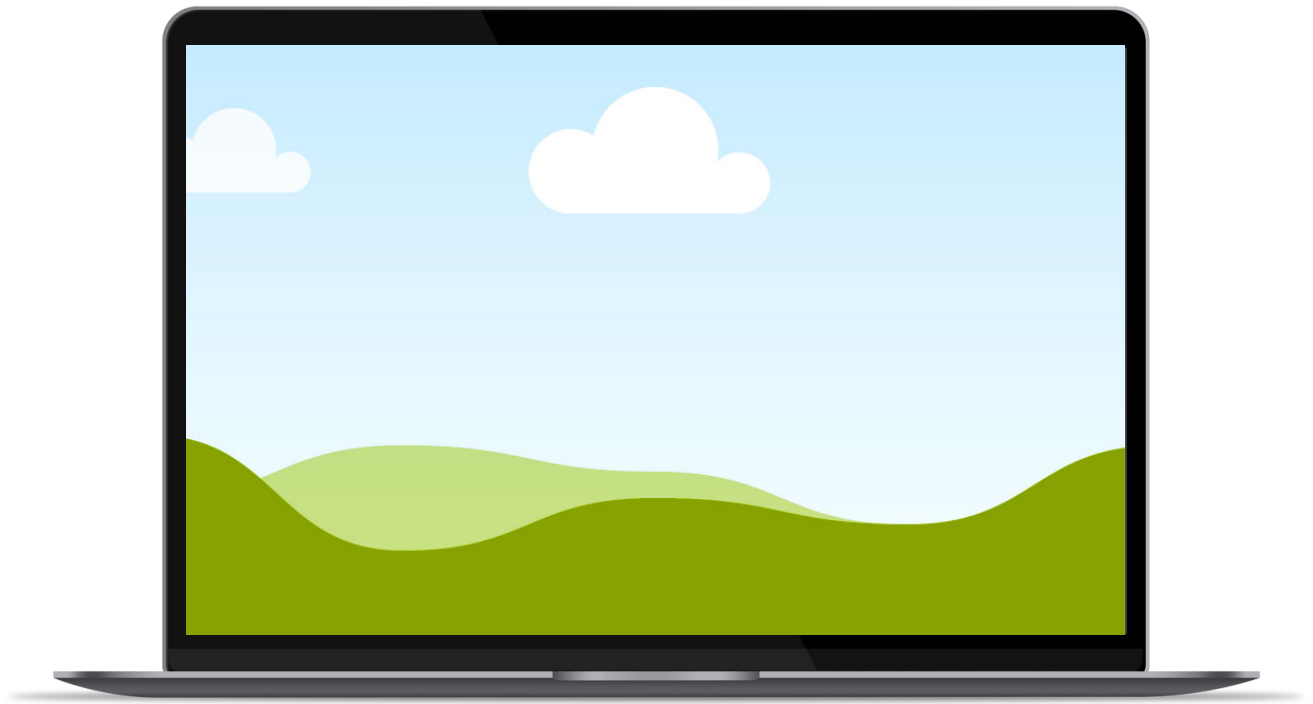


03

Future Vision Defined!

Discover your PERSONAL GENIUS! A program for anyone looking to plan a future in alignment with their true purpose.

1 MONTH PACKAGE 490.00 \$



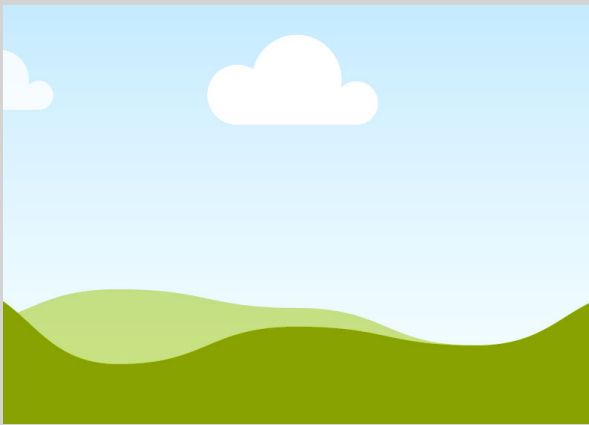
WHAT'S NEXT?

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CALL TO ACTION

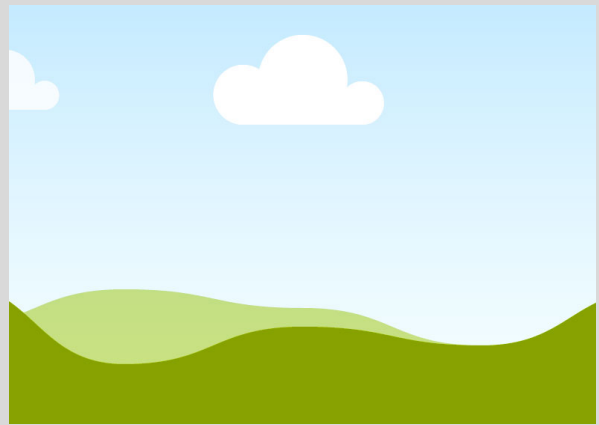
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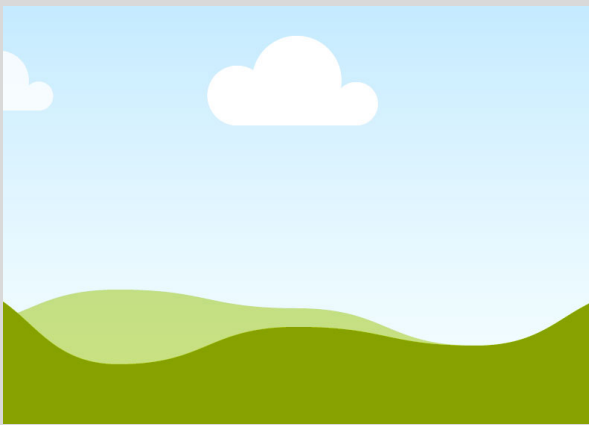
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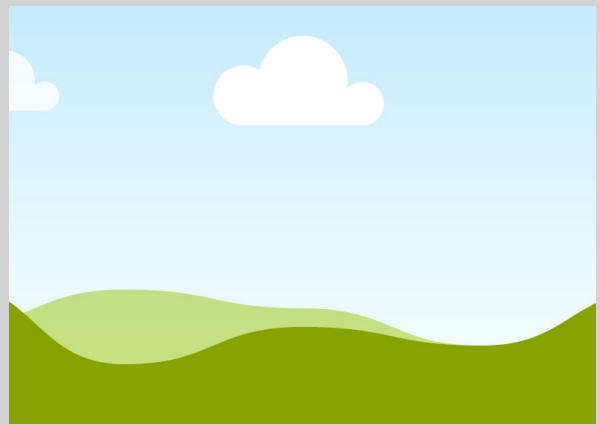
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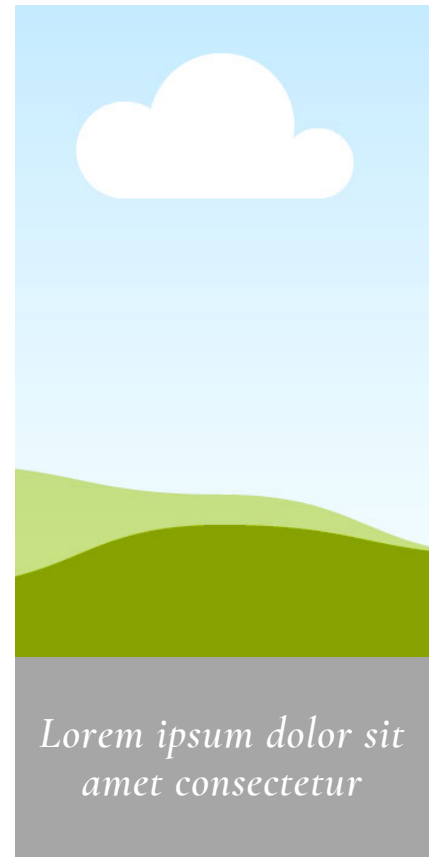
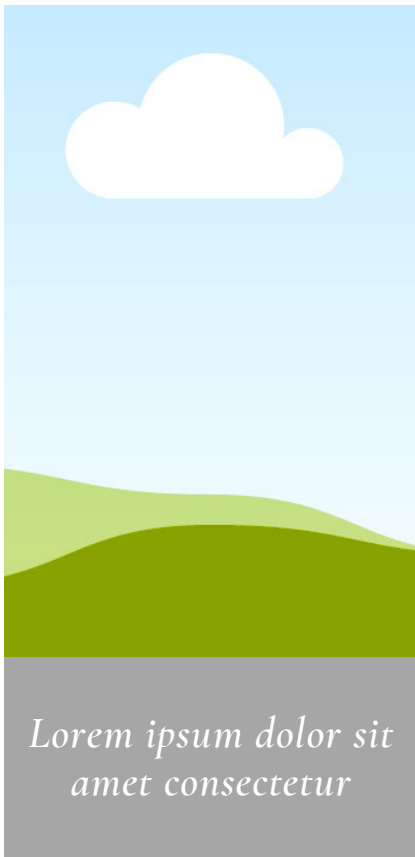
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LIST ITEM: *Website.com*

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03