

## Module 7 v Activity 3 v ORGANIZATIONAL SKILLS

Activity: Managing Stress

Materials Needed: Paper, pen

Directions: Recall someone you have known who lives a very full life day to day and who has reached a major level of success. Write down the personal characteristics you see in this person. Some of these characteristics will be natural personality traits, which you might be able to emulate to some degree. Others will probably be learned behaviors, which you could choose to use in your life.

There's an old quote from a person from long ago: "Your reach should exceed your comfortable grasp." This person you recalled probably reached far to succeed and no doubt encountered some major stress along the way. The personal characteristics you wrote down helped that person overcome stress and might work for you. There's nothing wrong with trying to be like someone else, but be sure you're realistic in understanding your own limitations.