

The Pressure Gauge

Never = 0 Rarely = 1 Sometimes = 2 Often = 3

Physical Signs	Score
General Aches and Pains	
Grinding Teeth	
Headaches	
Indigestion	
Muscle Tension	
Difficulty Sleeping	
Sub-Total	

Thinking Signs	Score
Constant Worry	
Forgetfulness	
Difficulty Making Decisions	
Inability To Concentrate	
Lack Of Creativity	
Loss Of Sense Of Humour	
Sub-Total	

Emotional Signs	Score
Anxiety	
Anger	
Feeling Powerless	
Frequent Mood Swings	
Irritability	
Frustration	
Sub-Total	

Behavioural Signs	Score
Bossiness	
Compulsive Eating	
Critical Attitude Towards Others	
Missing School or Classes	
Impulsive Actions	
Increased Use Of Substances	
Sub-Total	

Pressure Gauge Scoring Key

Calculate your sub-total and your total score. Use the scoring key below to give yourself green / amber / red in each area and overall.

Subscale Score 0 - 6 Total Score 0 - 24

A score in this range indicates that pressure is **not** impacting you

Subscale Score 7 - 12 Total Score 25 - 49

A score in this range indicates that pressure **may be** impacting you

Subscale Score 13 - 18 Total Score 50 - 72

A score in this range indicates that pressure is **likely to be** impacting you



Springboard to Success Worksheet

NAME: _____

Listening

Ten things that require zero talent

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Stand Out from the Crowd

Top 3 qualities

Top 3 skills

How can I stand out?

Laser Habits

School / College

Change: _____

First step: _____

Homework / Independent Learning

Change: _____

First step: _____

Health

Change: _____

First step: _____

Hobbies / Extra-Curricular

Change: _____

First step: _____

Employment / Volunteering

Change: _____

First step: _____

Choosing Your Focus

Negative Response

Thoughts

Feelings

Actions

Consequences

Positive Response

Thoughts

Feelings

Actions

Consequences