

FELICITAS FAMULLA

# STRESS YOURSELF (LAW)LESS

WIE DU MIT WENIGER STRESS DURCH DEIN  
ERSTES JURISTISCHES STAATSEXAMEN KOMMST



[WWW.FELICITASEMILIE.DE](http://WWW.FELICITASEMILIE.DE)

# DEINE CHECKLISTEN

# DAILY

Das fühle ich gerade:

A large, empty speech bubble outline with a small tail at the bottom center, intended for writing a response to the prompt above.

Das will ich heute erreichen:

A large, empty speech bubble outline with a small tail at the bottom center, intended for writing a response to the prompt above.

# DAILY

Dafür bin ich heute dankbar:

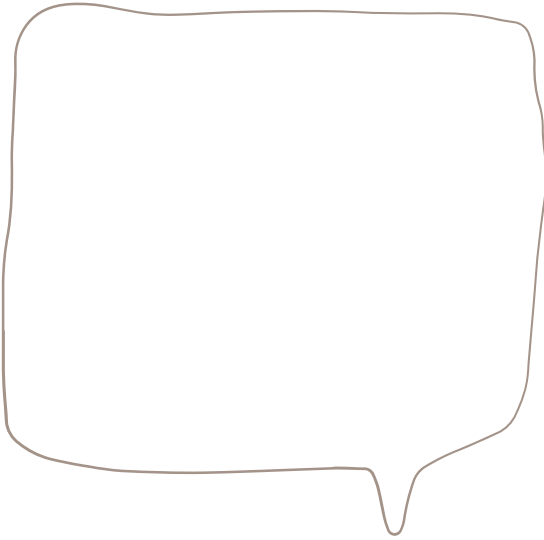
A large, empty speech bubble outline with a small tail at the bottom center, intended for writing a response to the prompt above.

Das fühle ich gerade:

A large, empty speech bubble outline with a small tail at the bottom center, intended for writing a response to the prompt above.

# DAILY

Was kann ich heute tun, dass es mir  
gut geht:



# WEEKLY

Das habe ich diese Woche gelernt:

A large, empty speech bubble shape with a pointed bottom, intended for writing.

Das lief diese Woche besonders  
gut:

A large, empty speech bubble shape with a pointed bottom, intended for writing.

# WEEKLY

Das lief diese Woche nicht so gut:

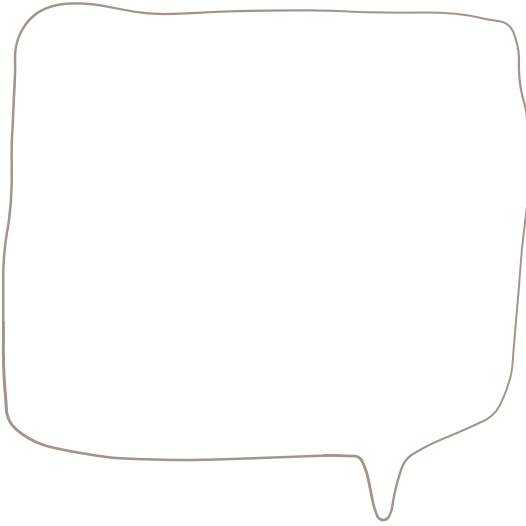
A large, empty speech bubble outline with a small tail at the bottom center, intended for writing a reflection on what went wrong this week.

Daran werde ich nächste Woche  
arbeiten:

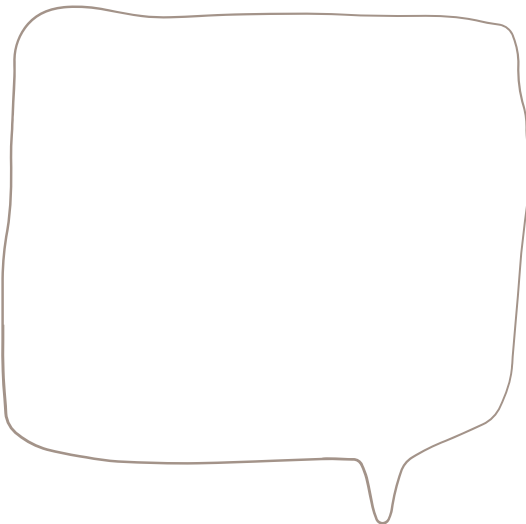
A large, empty speech bubble outline with a small tail at the bottom center, intended for writing a reflection on what will be worked on next week.

# WEEKLY

Vor welcher Aufgabe drücke ich mich:

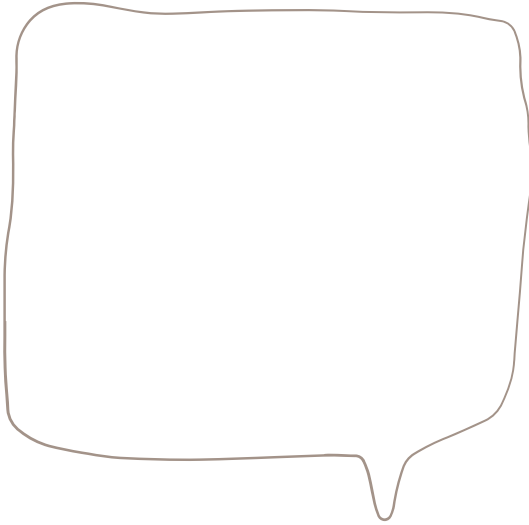
A large, empty speech bubble outline with a small tail pointing downwards, intended for the user to write their answer to the question above.

Wie werde ich diese Aufgabe in die Tat umsetzen:

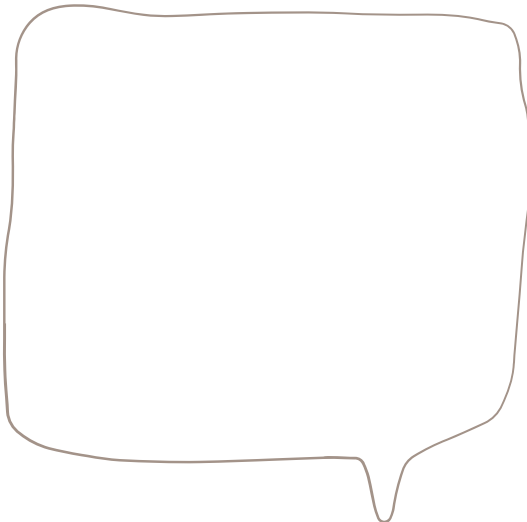
A large, empty speech bubble outline with a small tail pointing downwards, intended for the user to write their answer to the question above.

# MONTHLY

Das werde ich diesen Monat erreichen:



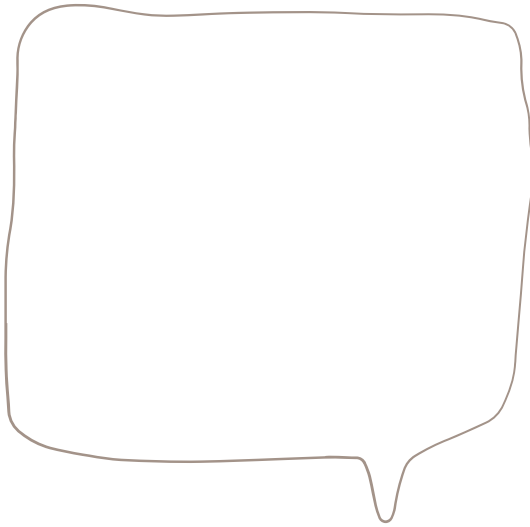
Das mag ich an mir:



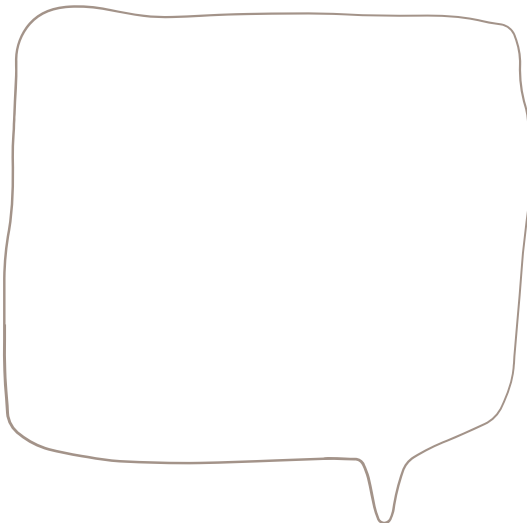


# MONTHLY

Das mag ich nicht an mir:

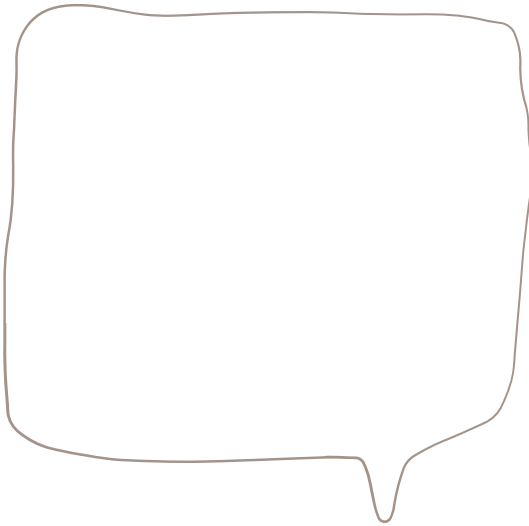


So kann ich das ändern:

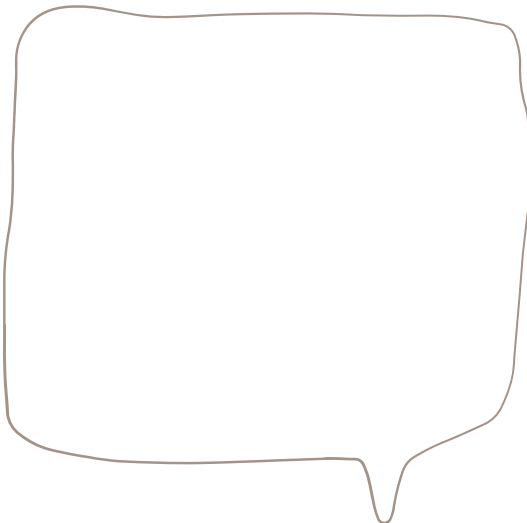


# MONTHLY

Wovor habe ich Angst?

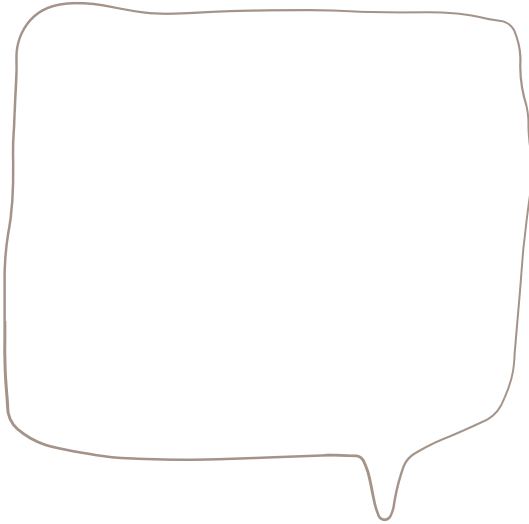
A large, empty speech bubble outline with a small tail at the bottom, intended for writing an answer to the question above.

Welche Personen tun mir gut:

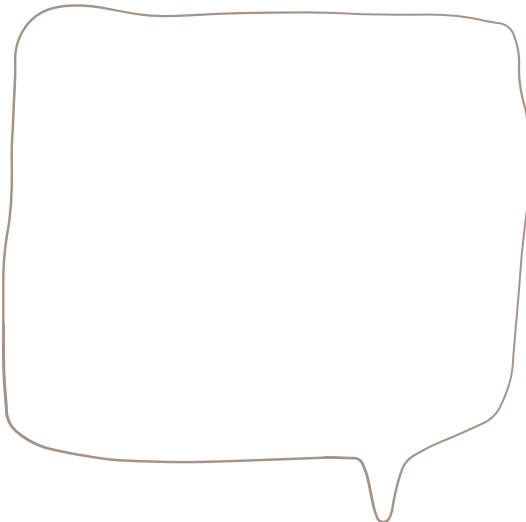
A large, empty speech bubble outline with a small tail at the bottom, intended for writing an answer to the question above.

# MONTHLY

Mit wem möchte ich mich diesen Monat verabreden?

A large, empty speech bubble outline with a small tail at the bottom center, intended for writing an answer to the question above.

Nach welchen Treffen fühle ich mich ausgelaugt?

A large, empty speech bubble outline with a small tail at the bottom center, intended for writing an answer to the question above.

# YEARLY

Mein Ziel in dem Bereich:

**Jura**



# YEARLY

Mein Ziel in dem Bereich:

**Ich**



# YEARLY

Mein Ziel in dem Bereich:

**Gesundheit**



# YEARLY

Mein Ziel in dem Bereich:

## **Hobbies**



# YEARLY

Mein Ziel in dem Bereich:

**Freunde & Familie**





# YEARLY

Mein Ziel in dem Bereich:

**Finanzen**



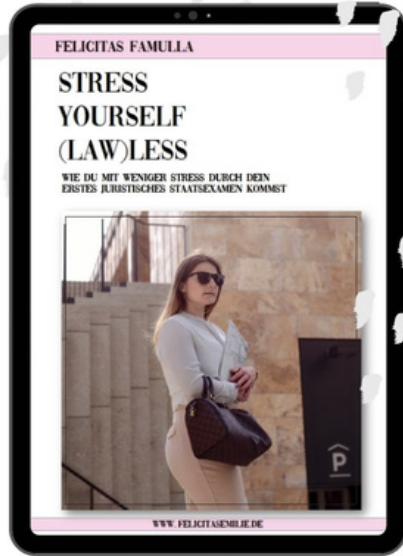
# YEARLY

Mein Ziel in dem Bereich:

**Sonstiges**



Wenn dir diese Ausgaben gefallen haben und gut tun, kann ich dir mein E-Book nur ans Herz legen:



## MEIN ERSTES EBOOK

LINK IN BIO

FELICITAS EMILIE  
*@beyourbestlawstudent*

ELICITAS EMILIA

@beyourbestlawstudent



## MEIN EBOOK

Stress yourself (law)less

LINK IN BIO