

# F.A.S.T. Analysis

## Frustration

On a scale of 1-10, how frustrated are you?

What causes you to feel frustrated?

## Anxiety

On a scale of 1-10, how anxious are you?

What causes you to feel anxiety?

## Stress

On a scale of 1-10, how stressed are you?

What causes you to feel stressed?

## Tired

On a scale of 1-10, how tired are you?

What causes you to feel tired?

Your Name: \_\_\_\_\_

