

recreo

# REPROGRAMMING BURNOUT

WEEK 1



# HELLO AMAZING HUMAN!

YAY! You are here! Thank-you for making the investment and the commitment to the incredible 6 weeks ahead of you.

Reprogramming Burnout is sure to shift your mindset, reduce overwhelm, and give you some breakthrough moments in ways you didn't even know you could! I'm so excited for the journey ahead of you and I cannot wait to hear about your experiences and your stories of how this program has shifted your life.

In order to get the most out of this experience you must do your homework! Here are my suggestions for you to optimize your homework ritual:

Print out your workbook right after you watch the weekly lesson.

Set aside time to do your homework within 24-48 hours after watching the lesson so it is fresh in your mind.

Find a cozy spot with minimal distractions.

If you are pre-conditioned to multi-task, set a timer so your attention knows there is an end time.

Use the Facebook Group as support to ask questions if you get stuck - other participants may have some insight.

Attend the Q & A session on Wednesdays with me inside the group.

# 2 Minute Wall Stare

It's time to practice the skill of observing and interacting. Let's start by being honest about your relationship with yourself. Stare at a blank wall... yes blank wall, for 2 minutes. Listen to your inner monologue. Write down everything you thought, heard, felt and what you learned about yourself here.



# Sick and Tired!

After your 2 minute wall stare what else did you learn? What are you sick and tired of?

# I AM's

Let's let your subconscious tell us how you feel about yourself. Finish as many times as you can the sentence I AM... each time whatever thought comes to mind write it down. Don't overthink it... just do.

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

# Abundance Already Exists

Write a list of **50 people** who have influenced your life and helped you create the healthy habits you have or nudged you in a positive way on your journey. They can be alive or passed, people you know or celebrities, authors, personalities etc.

# Your Energetic List

What are you no longer energetically available for?

What are you energetically available for?

**Energetically Available**

**Energetically Unavailable**

# Nature Sit Spot

Find a place in nature where you feel calm or at peace. It could be at your window, in your backyard or deck, or a part around the block. Sit in this spot and observe nature for 5 minutes. Write down everything you observed and how it made you feel.



# Go for a walk!!

Write down how you feel before going on your walk. What are you inner thoughts about?

Where did you go and for how long? How do you feel now that you have gone for a walk? Energized or tired? What are your inner thoughts like now?