



## Step 1

### Are You Burning Out (Without Realizing It)?

- I'm always tired, but I still can't sleep
- I make detailed plans but struggle to follow through
- Even simple tasks feel heavy or draining
- I overthink everything and second-guess myself
- I rarely celebrate my wins anymore
- I feel emotionally flat or disconnected
- I'm more irritable than usual, even with people I care about
- I rely on caffeine, screens, or scrolling to cope
- I'm just "pushing through" without any joy
- I can't remember the last time I fully rested

## Step 2



If you checked  
3 or more...

## Step 3

You're likely in  
burnout territory.

But the good  
news?

Burnout is a  
message — not  
the end of the  
story.

## Step 4

It's your  
body's way of  
saying:

It's time to  
reset.



WHAT TO DO NEXT?

# Journal Prompts to Reconnect With Yourself:

DATE \_\_\_\_\_

What's been draining me lately: physically, mentally, or emotionally?

What parts of my day make me feel calm or grounded?

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

How are you feeling today?



If things felt lighter and less stressful, what would my days look like?

What's one tiny habit I can add or remove this week that would help me feel more balanced or cared for?

Are there things I'm saying "yes" to just so I don't upset others or feel guilty?

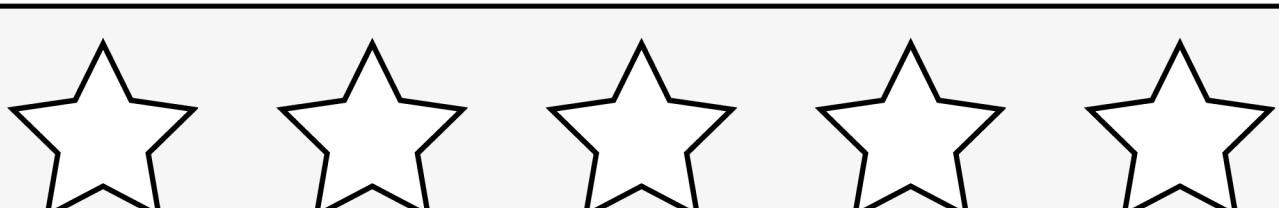
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The ranking of my Mental Health this week





# MINI RESET TOOLKIT IDEAS:

## TIP 1

5-minute silent morning ritual (before phone/emails)

## TIP 2

10-minute walk outdoors — no podcast, no pressure

## TIP 3

Stretch your back and shoulders midday

## TIP 4

Try the “5-Min Morning Audio” at [TheHolisticForge.com](http://TheHolisticForge.com)

## TIP 5

Schedule a “celebration moment” at the end of your week

⚡ Ready to feel clear, focused, and recharged?

👉 Explore guided tools, daily systems, and free downloads at:

 [TheHolisticForge.com](http://TheHolisticForge.com)