

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?

How are you feeling today?



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

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

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

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

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