



# 21 Easy Steps To Avoid BURN-OUT

**1. Wake up to your problem.**  
You can't go on like this forever!

**2. Decide to change.**  
Continuing the same path leads to burn-out:  
Illness, job loss, separation from partner,  
Depression.

**3. Energy Booster.**  
Fill up on raw foods and divine energy.

**4. Be grateful for what is going well in your life.**  
Healthy children, a present partner, friends, soft bed.

**5. Wheel of life.**  
Discover which parts of your life are most out of balance and prioritise those.

**6. Time creator.**  
Learn how to fit 30 hours in one day.

**7. Discover the grid.**  
That leads you to stress-free productivity.

**8. Magic pink clouds.**  
Visualise your ideal day.

**9. Maximal sleep routines.**  
Learn to wind down. Use the bedtime jot and deep sleep meditation.

**10. Stop being a perfectionist.**  
You don't have to be perfect to be worthy of love and appreciation

**11. The Power Walk**  
Integrate exercise, gratitude, and visualisation.

**12. Find your true life purpose.**  
Find your true life purpose through a questionnaire and card reading.

**13. Revisit your childhood.**  
Revisit your childhood dreams and unveil your hidden talents. You need all the help you can get.

**14. Fall in love with work again.**  
Whether you stay or go.

**15. Relationship camp.**  
Stop chasing your support system away. Bring the spark back through effective, loving and open communication.

**16. Enjoy me-time.**  
You are the engine that keeps your life going.  
You need maintenance and care.

**17. Create quality family time**  
Find an activity that all of you will enjoy.

**18. Discover.**  
Your ultimate mood lifting activation.

**19. Quantum jump.**  
Into your ideal future.

**20. Relationships.**  
Keep your relationships in a high vibration.

**21. Balance.**  
Learn to balance your life so you never suffer from burn-out again!

**10 MINUTE CALL**

THERE IS ONLY SO MUCH I CAN EXPLAIN HERE...

Make sure you register for a 10 minute call, where I can show you the 5 common mistakes and the 5 solutions.