



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.