

Burnout to Breakthrough BluePrint Workbook

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Thank you so much for downloading this workbook! It is designed to make it easier for you to complete the exercises described in the Burnout to Breakthrough Blueprint retreat.

Enjoy! Margaretha

Set An Intention for Your Retreat

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Eve of Your Retreat

Instructions:

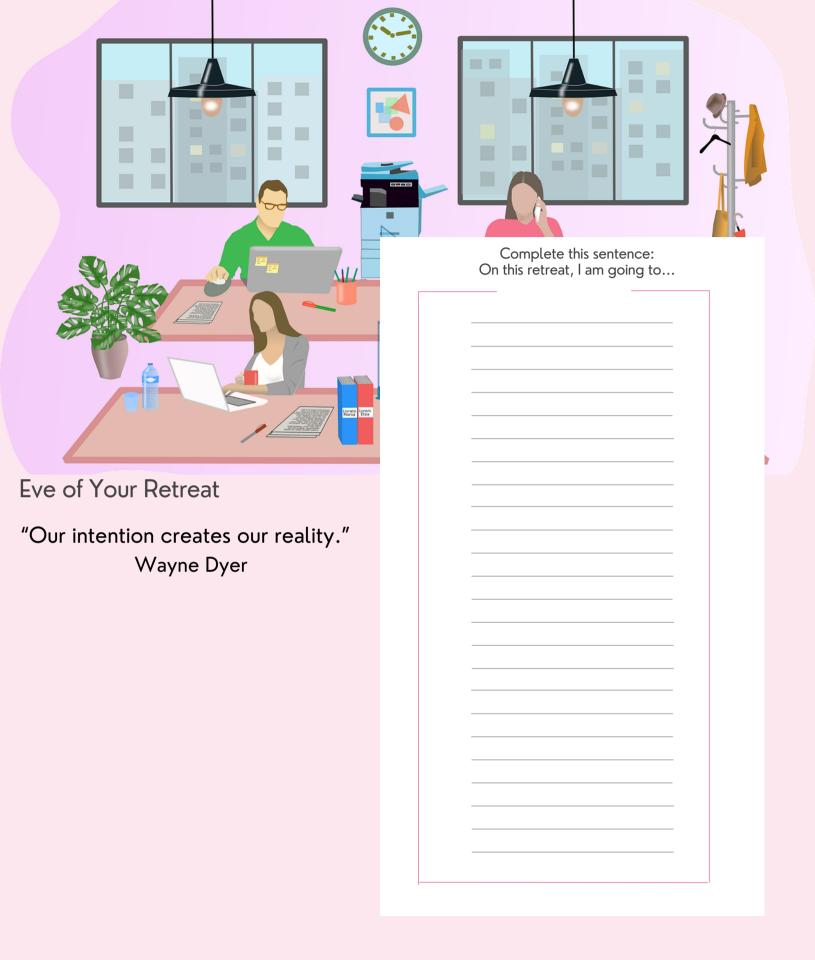
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Your RAS filters the enormous amount of information you receive from minute to minute. Your brain simply cannot absorb all this information, so it filters it according to your belief system.

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You can use your RAS to filter information according to a specific intention - your brain will filter all the information you receive automatically and supply you with information relevant to your intention. This way, you can use your RAS to focus only on what you want to achieve.



Eve of Your Retreat

Assignment I: Life's Tiniest Delights

Instructions:

I would like you to make a list of 50 things, that to you, are part of life's tiniest delights, smallest pleasures and micro-miracles: a breathtaking sunset, a winter walk with a friend, a fragrant cup of soup, a stolen kiss, children's laughter, finding that perfect pair of shoes, starting a great book, fresh, clean sheets, ...whatever brings you joy, lifts your spirit or simply makes you smile.

Your life is sprinkled with tiny delights, noticing them and making a list of them fully engages you in the present moment - this is a powerful and empowering mindfulness exercise that increases emotional resilience.

Let's get started!

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Eve of Your Retreat: List the two exercises you did this evening that you may want to add to your morning/evening routine:



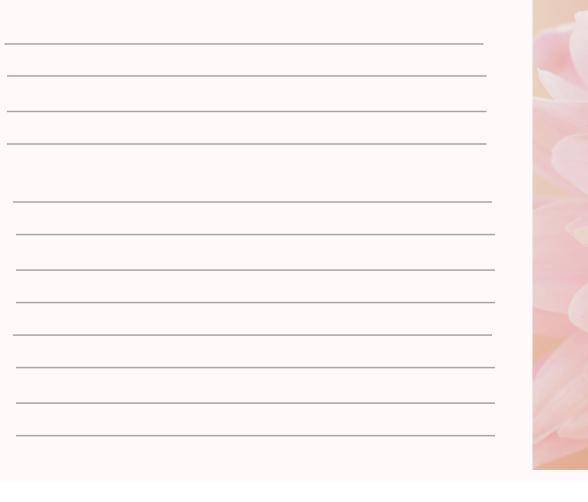
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Day I Morning Assignment 2: Stepping Stones

Instructions:

List 50 of your greatest achievements/most memorable milestones that you have reached during your lifetime. 50 might sound like a lot, but if you divide your list into different sections - your education, your career, your relationships, your contributions - or different parts of your life: childhood, teenage years, young adult etc. - you'll soon get there.





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Day 1: List the three exercises you did this morning that you may want to add to your morning/evening routine:

	2 EXERCISE 1
	2 EXERCISE 2
	3 EXERCISE 3
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Day l Afternoon Secret Sauce

As you come to the end of this exercise, sit quietly and focus again on your breath. Grab your workbook, and write down the 5 things you have identified, that you feel grateful for, during this exercise, below

% O1	Step one: what you see
U	•••••••••••••••••••••••••••••••••••••••
	Step two: what you hear
02	
	Step three: what you feel
03	
	Step four: what you smell
04	
	Step five: what you taste
05	



Day l Afternoon Assignment 3: Dig Deep

Instructions:

This afternoon's assignment is to make a list of 100 things, people, events, circumstances etc. that make you feel grateful. Most of my guests manage 50, and then they get stuck. It's very easy to get to 100, even 200 or 300, you just need to use a prompt, as in "work down the letters of the alphabet," or choose a colour, as in "orange things that I am grateful for" or list the songs, books, films etc you are grateful to have read, heard or seen.

Let's get started!



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Day 1: List the three exercises you did this afternoon that you may want to add to your morning/evening routine:

	EXERCISE 1
	2 EXERCISE 2
	3 EXERCISE 3
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Day 2 Morning Assignment 4: Greatest Gifts

Instructions:

Being kind has many benefits, it can even make you physically healthier. During difficult times, we need to maintain our mental as well as our physical health. Generosity even enhances your immune system (to protect you against infections,) decreases symptoms of stress and makes you sleep better. So I would like to invite you to make another list - this time of Intentional Acts of Kindness - to keep as a source of future intentional acts of kindness.

Let's get started!



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Day 2: List the three exercises you did this morning that you may want to add to your morning/evening routine:

1 EXERCISE 1
2 EXERCISE 2
3 EXERCISE 3
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Day 2 Afternoon Create Your Own Morning and Evening Routine

MORNING ROUTINE

List the activities that you intend to incorporate into your morning routine:

EVENING ROUTINE

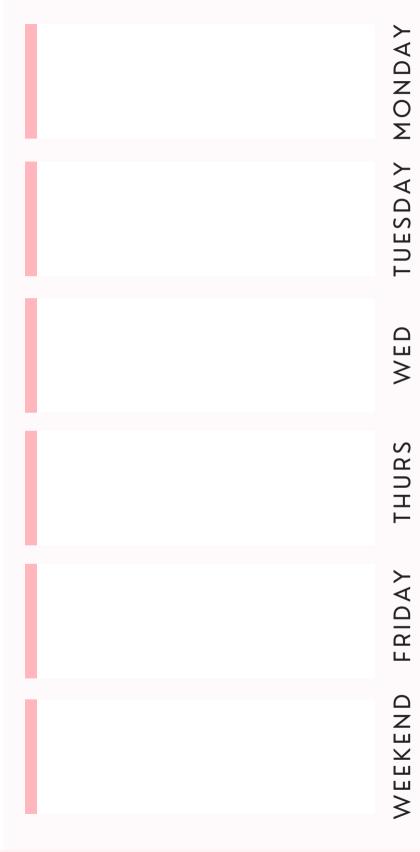
List the activities that you intend to incorporate into your evening routine:







I am grateful for:





BURNOUT TO BREAKTHROUGH BLUEPRINT

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives." Henry David Thoreau.



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