



Burnout to Breakthrough BluePrint Workbook

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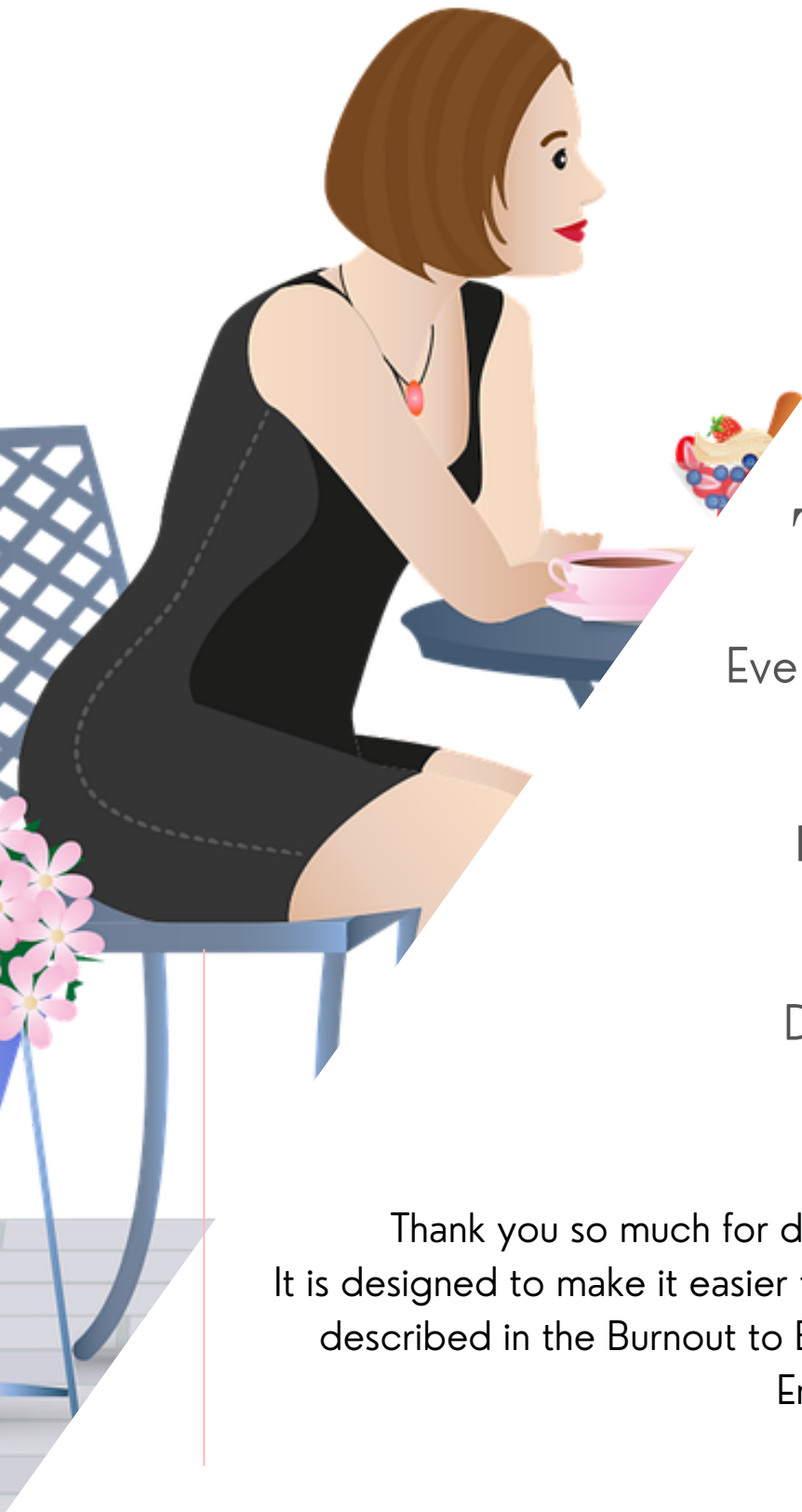


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Thank you so much for downloading this workbook!
It is designed to make it easier for you to complete the exercises
described in the Burnout to Breakthrough Blueprint retreat.

Enjoy!

Margaretha

Eve of Your Retreat

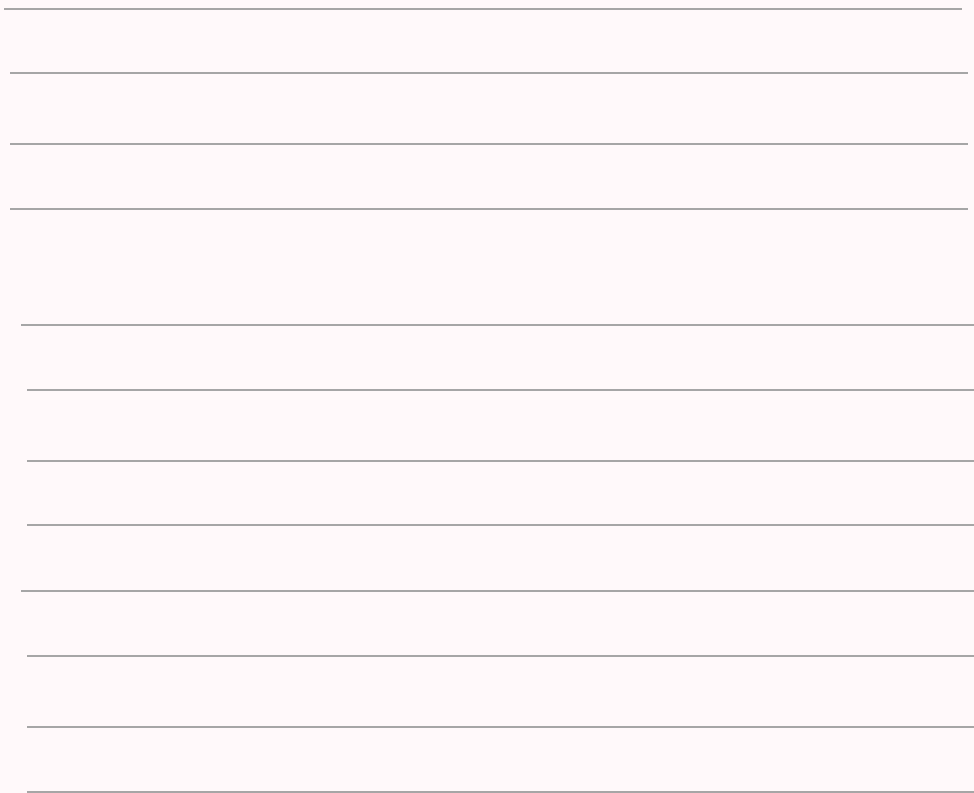
Assignment 1: Life's Tiniest Delights

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!



A large light pink rectangular area containing 15 horizontal lines for writing.





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

1 EXERCISE 1

2 EXERCISE 2



Day 1: 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



Day 1 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



Step one: what you see

01

.....
.....
.....



Step two: what you hear

02

.....
.....
.....



Step three: what you feel

03

.....
.....
.....



Step four: what you smell

04

.....
.....
.....



Step five: what you taste

05

.....
.....
.....



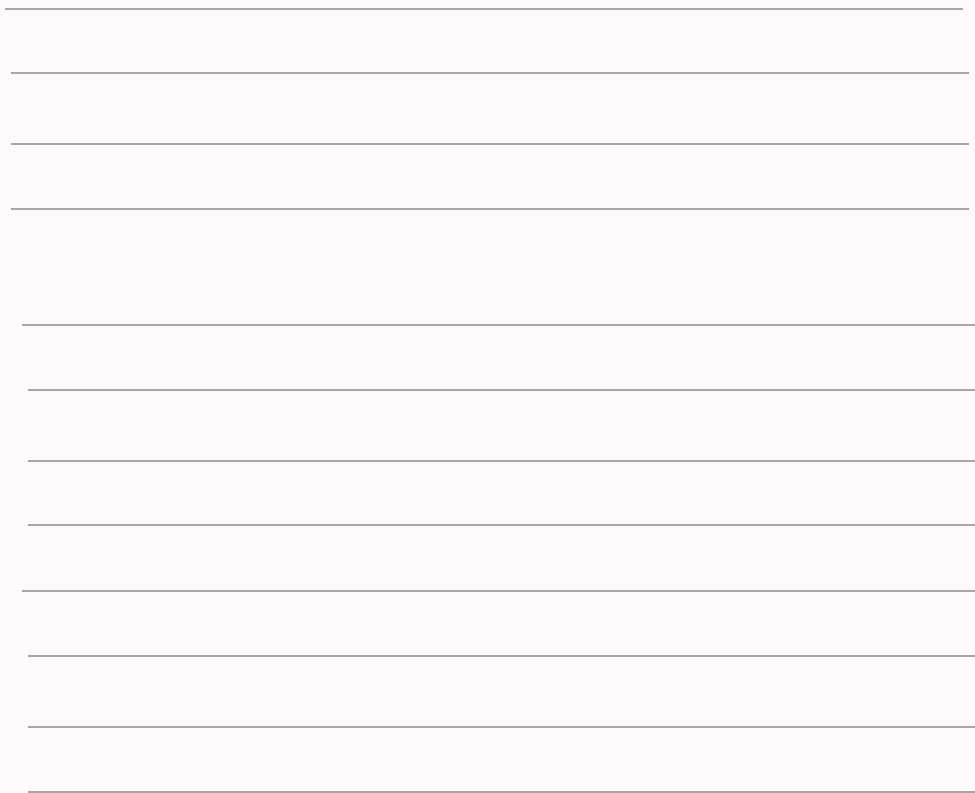
Day 1 Afternoon

Assignment 3: Dig Deep

Instructions:

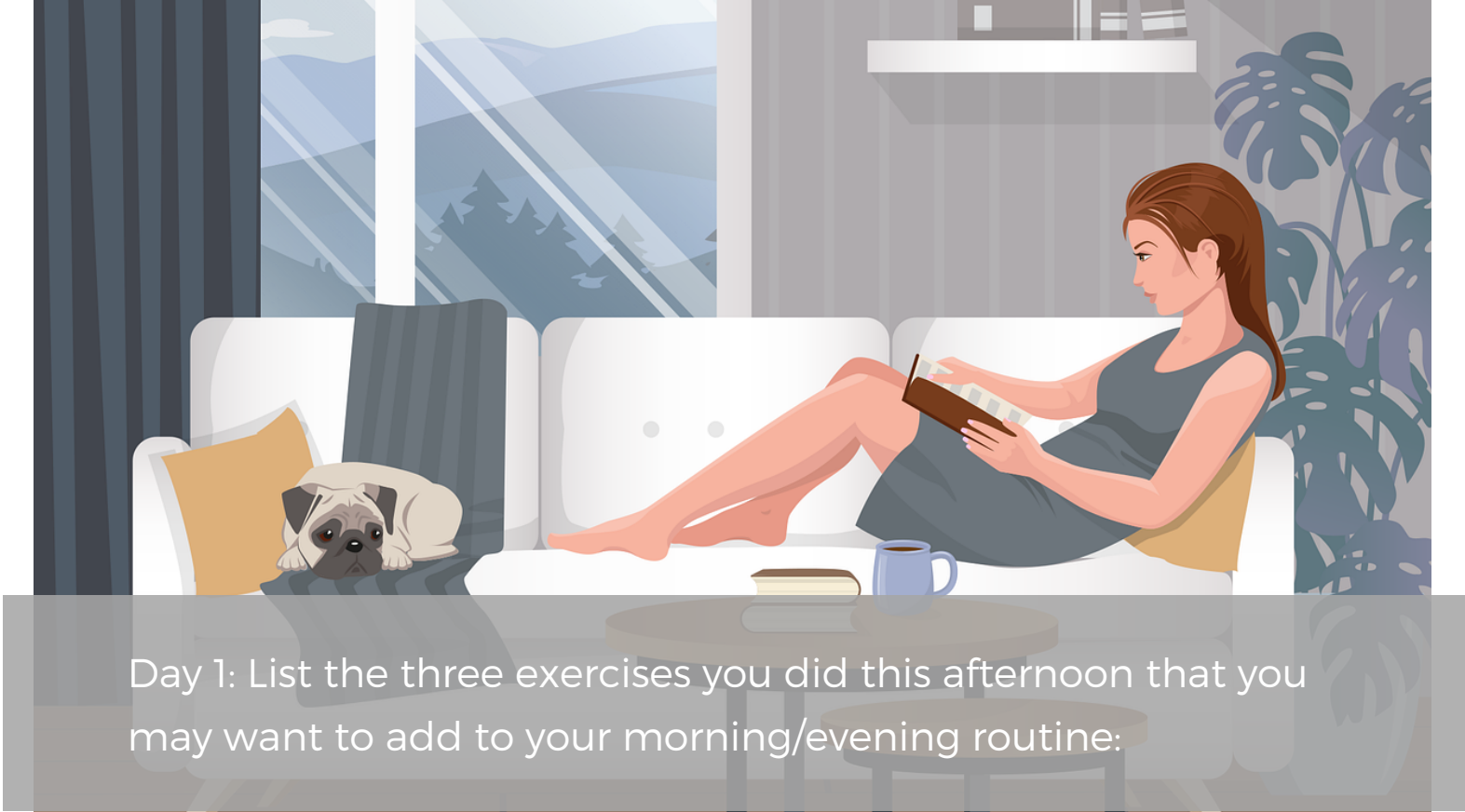
This afternoon's assignment is to make a list of 100 things, people, events, circumstances etc. that make you feel grateful. Most of my guests manage 50, and then they get stuck. It's very easy to get to 100, even 200 or 300, you just need to use a prompt, as in "work down the letters of the alphabet," 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!



A large light pink rectangular area containing 20 horizontal lines for writing.





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

1 EXERCISE 1

2 EXERCISE 2

3 EXERCISE 3



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





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:

Blank writing area for Monday.

MONDAY

Blank writing area for Tuesday.

TUESDAY

Blank writing area for Wednesday.

WED

Blank writing area for Thursday.

THURS

Blank writing area for Friday.

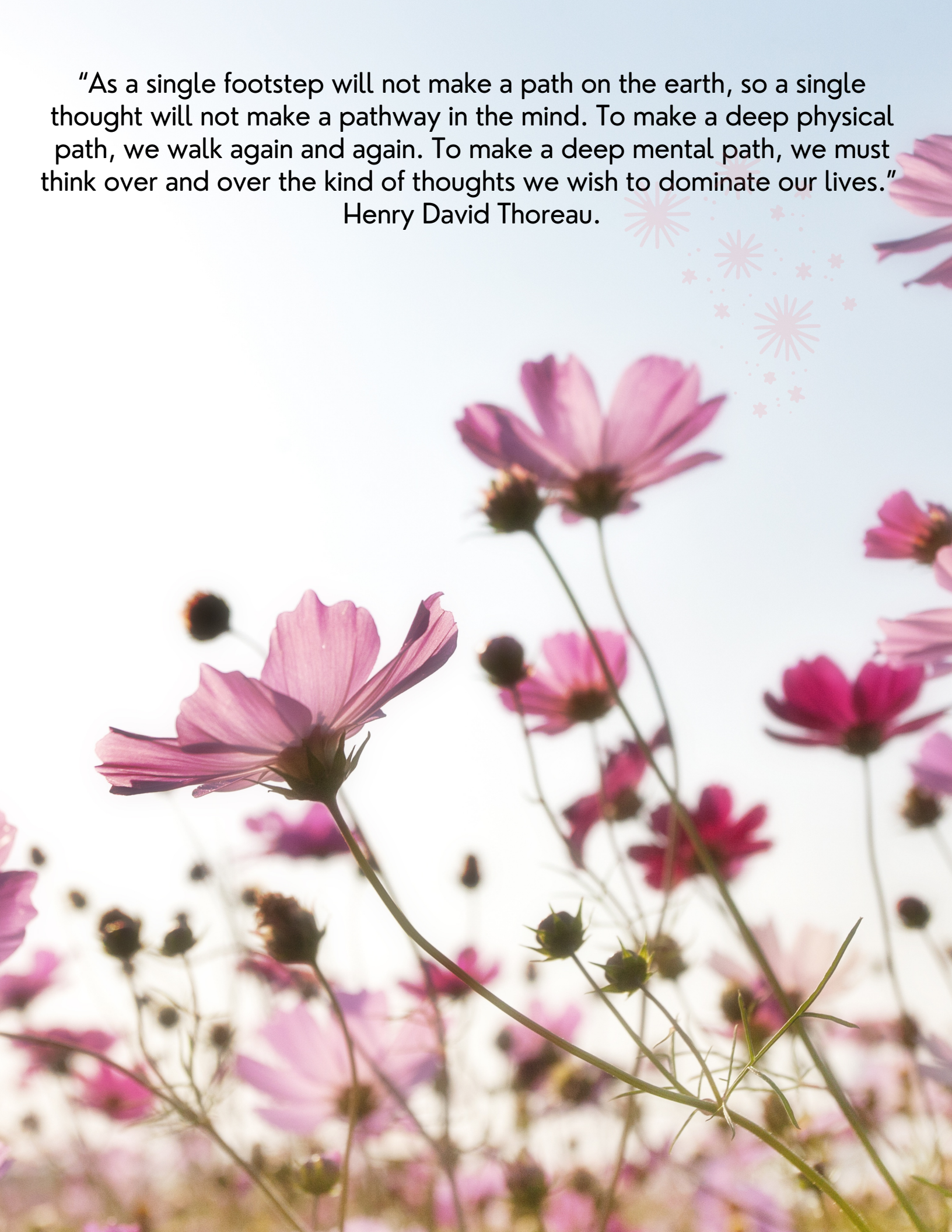
FRIDAY

Blank writing area for the weekend.

WEEKEND

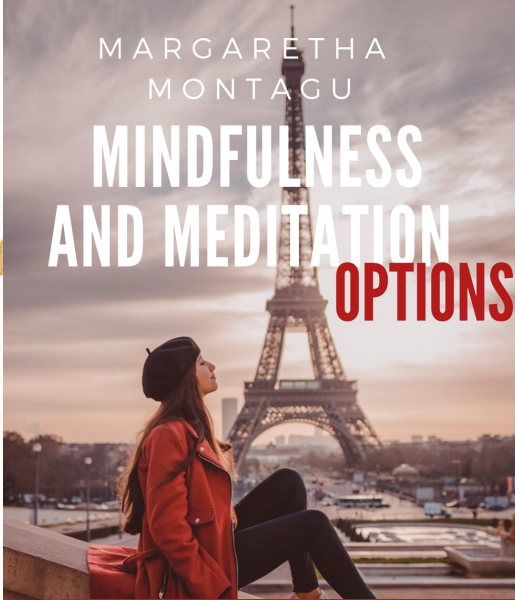
"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

Henry David Thoreau.



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