

RESILIENCE BLUEPRINT -REIGNITE YOUR SPARK

PREVENTING BURNOUT WORKBOOK

WWW.ALCHEMIST.YOGA

Hi There!

Im Elizabeth, founder of Alchemist Yoga.

I am your women's wellbeing expert.

Uniting modern science and eastern wellbeing.

It truly is my souls purpose to help and heal others.

I have decades of experience as a community pharmacist. I am multi certified in life coaching, yoga, meditation and mindfulness.

I also work with Les Mills UK as an instructor coach, guiding new instructors on their journey.

I create bespoke 1:1 life transformations for women seeking the life they desire, hold monthly yoga wellbeing events and global retreats.

So, if you're feeling overwhelmed, lacking in energy or lost your va va voom.

You want more movement or indeed more stillness in your life.... come and find me.

Love Elizabeth x x x

REACH OUT

If you have any questions or feedback you would like to ask or share, please do reach out, drop me an email: liztheyogi@gmail.com



WELCOME

Hey there, lovely soul!

I'm absolutely thrilled to welcome you to the "Resilience Blueprint - Reignite Your Spark - Preventing Burnout Workbook."

Buckle up because we're about to embark on an incredible journey of self-discovery, empowerment, and growth.

This workbook is all about keeping it real, finding your spark, and kicking burnout to the curb.

So, let's dive in together and make some magic happen!

HOW TO USE THIS WORKBOOK

Using this workbook is a breeze. Just grab a cozy spot, your favourite pen, and an open heart.

For each chapter, read the description to get a feel for what we're diving into.

Then, follow the prompts and practical exercises – they're like your personal growth playground. Jot down your thoughts, ideas, and action steps.

And don't forget to embrace the affirmations that uplift you along the way.

This workbook is all about YOU, so make it your own and let the magic unfold!

EACH CHAPTER OFFERS
VALUABLE INSIGHTS
AND ACTIONABLE
STEPS TO HELP YOU
MAINTAIN BALANCE,
PREVENT BURNOUT,
AND LIVE A MORE
EMPOWERED AND
FULFILLING LIFE.

KNOW YOUR TRIGGERS

Discover what drains your energy and leads to stress. Pinpoint situations that impact your well-being.

Identifying triggers means recognising the things that make you feel stressed or drained. This helps you take control of your well-being by avoiding situations that negatively impact you. By understanding what triggers stress, you can work on managing them and staying balanced.

LETS DIVE IN!

Take you time to dive into the tips & tools on the next page, remember its not a race, embrace the journey...

Prompt - I invite you to take a moment to reflect on
situations or factors that tend to drain your energy.

Practical Exercise: List down specific triggers that lead to stress or exhaustion in your life.

Tip: Be honest with yourself and pinpoint areas that consistently impact your well-being.

"I AM AWARE OF MY TRIGGERS AND EMPOWER MYSELF TO MANAGE THEM."

DEFINING YOUR BOUNDARIES

Learn to set boundaries that protect your time and space. Establish clear limits in both personal and professional areas.

Setting boundaries means deciding what is acceptable and what's not in your personal and work life. It's vital because it prevents you from overcommitting and burning out. Clear boundaries ensure you have time for yourself and don't get overwhelmed by others' demands.

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Prompt - It's time to set boundaries that work for you
What aspects of your life need clearer boundaries?

Practical Exercise: Create a list of boundaries you want to establish in your personal and professional life.

Tip: Communicate your boundaries assertively and without guilt.

"I CREATE HEALTHY BOUNDARIES TO PROTECT MY WELLBEING."

MINDFUL SELF-CARE

Prioritise your well-being with small, meaningful self-care routines. Make self-care a non-negotiable part of your life.

Mindful self-care involves taking intentional breaks to recharge and look after yourself. It's crucial because taking care of your well-being boosts your energy and mental health. Regular self-care helps you stay resilient and cope better with challenges.

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Prompt - Let's talk self-care. How can you incorporate small, meaningful self-care practices into your routine?
Practical Exercise: Jot down three self-care activities you can commit to regularly.

Tip: Prioritise self-care as non-negotiable, just like any other task on your to-do list.

"I HONOUR MYSELF BY PRACTICING SELF-CARE REGULARLY."

REIGNITING YOUR PASSION

Rediscover activities that used to bring you joy. Take a step towards reviving a forgotten passion.

This chapter is about rediscovering activities you once loved but might have neglected. It's important because passions bring joy and motivation. Reigniting them can add excitement to your life and remind you of what truly makes you happy.

LETS DIVE IN!

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Prompt - Your spark matters. What a	activities or hobbies
used to bring you joy and excitement	t ?

Practical Exercise: Reconnect with a passion you've neglected and plan a small action to reignite it.

Tip: Rediscovering your passions can reignite your energy and enthusiasm.

"I REIGNITE MY PASSIONS AND INFUSE MY LIFE WITH JOY."

@YOURSOCIALMEDIAHANDLE

GOAL SETTING FOR BALANCE

Set balanced goals for personal and professional growth. Break down aspirations into actionable steps.

Setting balanced goals means aiming for achievements in different areas of your life, like work and personal growth. This is significant because balanced goals prevent burnout by ensuring you don't focus too much on one aspect. It keeps you well-rounded and fulfilled.

LETS DIVE IN!

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Prompt - Let's set balanced goals. What aspirations do
you have in both your personal and professional life?

Practical Exercise: Define one realistic goal in each area and break them into actionable steps.

Tip: Goals that align with your values contribute to a more balanced life.

"I SET GOALS THAT ALIGN WITH MY VISION AND WELL-BEING."

EMBRACING THE POWER OF "NO"

Practice saying "no" without guilt. Protect your time by declining commitments that don't align.

Learning to say "no" when needed is empowering. It's important because it protects your time and energy from being stretched too thin. Saying "no" allows you to prioritise what truly matters and avoids unnecessary stress.

LETS DIVE IN!

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Prompt - Saying	"no" is empowering.	In what situations
can you practice	saying "no" without	guilt?

Practical Exercise: List scenarios where you can decline without overcommitting.

Tip: Saying "no" allows you to protect your time and energy for what truly matters.

"SAYING 'NO' EMPOWERS ME TO SAY 'YES' TO WHAT MATTERS MOST."

BUILDING RESILIENCE

Develop a resilient mindset to bounce back from challenges. Find valuable lessons in setbacks.

Resilience means bouncing back from challenges and setbacks. This chapter is essential because life is full of ups and downs. Building resilience helps you navigate tough times with a positive outlook and learn from difficulties.

LETS DIVE IN!

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Prompt - Resilience is key. How can you cultivate a
resilient mindset to bounce back from challenges?

Practical Exercise: Identify a recent challenge and write down three positive lessons you gained.

Tip: Cultivating resilience involves seeing setbacks as opportunities for growth.

"I EMBRACE CHALLENGES AS OPPORTUNITIES TO GROW STRONGER."

STAYING ALIGNED

Ensure your choices reflect your authentic self. Make decisions that align with your values for a fulfilling life.

Staying aligned means making choices that match your true self and values. This is crucial because it ensures you're living authentically. When your choices align with your beliefs, you experience a sense of fulfillment and purpose in your actions.

LETS DIVE IN!

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Prompt - Staying true to yourself matters. How can you ensure your choices align with your authentic self?

Practical Exercise: Reflect on a recent decision and assess whether it aligned with your values.

Tip: CConsistently making authentic choices leads to a more fulfilling and balanced life.

"I MAKE CHOICES THAT RESONATE WITH MY TRUE SELF AND PURPOSE."

Chapter Heading	Description	Overview	Prompt	Practical Exercise	Tip	Affirmation
Chapter 1: Know Your Triggers	Identify what drains your energy and leads to stress.	Pinpoint situations impacting well-being.	Reflect on stress- inducing situations.	List specific triggers causing stress.	Be honest about triggers for better management.	"I am aware of my triggers and empower myself to manage them."
Chapter 2: Defining Your Boundaries	Set limits for personal and professional balance.	Learn to establish clear boundaries.	Decide where you need boundaries.	Create a list of boundaries for different areas.	Communicate boundaries assertively and guilt-free.	"I create healthy boundaries to protect my well- being."
Chapter 3: Mindful Self- Care	Prioritize well-being with meaningful self-care.	Integrate self-care into your routine.	Identify self-care activities that resonate.	Commit to three regular self-care actions.	Make self-care a non-negotiable part of your days.	"I honour myself by practicing self-care regularly."
Chapter 4: Reigniting Your Passion	Rediscover forgotten activities that brought joy.	Find and revive past sources of joy.	Reflect on activities you once loved.	Choose one passion to reconnect with.	Taking small steps can reignite enthusiasm.	"I reignite my passions and infuse my life with joy."
Chapter 5: Goal Setting for Balance	Set balanced goals for personal and professional growth.	Plan aspirations in different life areas.	Define realistic goals for yourself.	Break goals into actionable steps.	Balanced goals prevent overwhelm and burnout.	"I set goals that align with my vision and well-being."
Chapter 6: Embracing the Power of "No"	Learn to say "no" without guilt.	Practice setting healthy boundaries.	Identify situations to say "no" more often.	List scenarios where you can decline commitments.	Saying "no" protects your time and energy.	"Saying 'no' empowers me to say 'yes' to what matters most."
Chapter 7: Building Resilience	Develop resilience to bounce back from challenges.	Cultivate a mindset to overcome setbacks.	Reflect on a recent challenge.	Extract positive lessons from the setback.	Resilience turns challenges into growth.	"I embrace challenges as opportunities to grow stronger."
Chapter 8: Staying Aligned	Ensure your choices align with your authentic self.	Make decisions reflecting your values.	Assess recent decisions for alignment.	Prioritise choices aligned with your values.	Authentically aligned choices bring fulfillment.	"I make choices that resonate with my true self and purpose."

CONGRATULATIONS

And there you have it, my friend!

You've reached the end of the "Resilience Blueprint - Reignite Your Spark - Preventing Burnout Workbook."

Give yourself a round of applause – you've shown up, taken action, and embraced your journey towards a more balanced and fulfilling life.

Remember, this is just the beginning.

Keep those sparks flying and let your resilience shine through. If you ever need a boost, know that I'm here cheering you on.

Until next time, keep rocking those goals and staying true to yourself!

With heaps of empowerment,

Love Elizabeth x x x

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