

Day 1: Hit the Pause Button

Acknowledge & Assess the Situation

Create a clear picture of where you are right now and where you want to be.

Step 1: Consider what's really bothering you about your current situation.

Yes, we have to get to the root of what's causing you to feel so fatigued and overwhelmed.

Maybe you resent someone or something in your life; maybe you feel you are missing something from your life. Or maybe you've lost your sense of purpose in what you're doing.

So, what is it that's causing you to feel so burned out or stressed or overwhelmed?

- ❖ Is it the long hours?
- ❖ Is it the work itself – maybe it feels tedious because it's lost its meaning?
- ❖ Is it the demands from your boss/clients/team?
- ❖ What else?

All of this helps you acknowledge and assess the situation for what it is right now.

Turn to the next page and complete this exercise (Step 1) before moving onto Step 2.

**Just because this is your situation right now doesn't mean it has to stay that way.
You can change it!**

Step 2: Determine what you want to change and what you want life to be like instead.

Based on what's bothering you and what you don't want, start looking at what you do want – that is, what do you want your life to look like instead?

By looking at what you don't want in your life, you can gain some clarity around what you do want, thereby helping to create a goal and a vision for how life could be.

Don't limit yourself as you do this. Don't listen to that negative chatter in your mind that's probably saying things like, "You can't have that or do that!" or "That's not possible, don't even write it down."

For now, just put the negative chatter off to the side and create ***your wish list of how you want things to change***. Look at each item in the first column and ask yourself, "If I don't want that, what do I want?" Then write that down in the second column.

Turn to the next page and complete Step 2.

Step 1: Write on the left-hand side all those things that are bothering you.

Step 2: Write on the right-hand side what you want your life to be instead.

Keep this worksheet handy as we'll work on it more in the coming days!

What I Don't Want

What I Do Want