



Your
BURNOUT RESET
MANIFESTO
(SUMMER 2026)

**WHEN I ALLOW AND PROCESS MY BURNOUT FEELINGS, THESE ARE
THE BODILY SENSATIONS THAT I NOTICE:**

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THE THOUGHT THAT USUALLY BURNS ME OUT IS:

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**INSTEAD OF THAT THOUGHT, I COMMIT TO INTENTIONALLY
PRACTICING THIS NEW THOUGHT ON A REGULAR BASIS:**

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**THRIVING
INTUITIVES**