



150 INTERNALLY GUIDED PROMPTS

For Burnout Resilience



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Welcome to your Burnout Resilience Personal Reflection Journal.

This journal is a dedicated space designed to guide you on a transformative journey towards reclaiming your balance, nurturing your passions, and embracing your purpose. I am honored to accompany you on this path of self-discovery and growth.

As your guide and fellow traveler, I understand the unique challenges that high-performing women face in their pursuit of success and achievement. The constant striving, the pressure to excel, and the demand for perfection can lead to burnout and a sense of something vital missing in our lives. I know that because I've been there too.

With my background in psychology and transformative studies, I've dedicated my life to understanding the human experience, the inner workings of the mind, and the potential for healing and transformation. I specialize in Consciousness and Healing and Transformational Leadership, and I'm committed to sharing the knowledge and wisdom I've gathered on this path with you.

This journal is not just a collection of blank pages; it's a tool for healing, growth, and personal transformation. Inside, you'll find 150 carefully crafted journal prompts designed to spark introspection, inspire action, and lead you to the balanced, fulfilled, and energized life you deserve. Each prompt is rooted in the three foundational pillars of my signature program, "Burnout to Balance": Inner Work, Relational Mastery, and Passion & Purpose.

*With Love,
Kayla*



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Tips for Using This Journal:

1. **Consistency is Key:** Dedicate time each day or week to journaling. Consistent reflection will help you gain clarity and insight into your journey.
2. **Honesty is Essential:** Be open and honest with yourself. This journal is a safe space for self-exploration, and your authenticity will be your greatest guide.
3. **Set Intentions:** Before you start each journaling session, set an intention for what you hope to gain from it. What aspect of your life or well-being would you like to explore today?
4. **No Judgment:** Remember that there are no right or wrong answers. Your journal is a judgment-free zone. Embrace self-compassion and acceptance.
5. **Embrace Patience:** Personal growth takes time. As you work through these prompts, be patient with yourself. Transformation is a journey, not a destination.
6. **Stay Open to Insights:** Sometimes, profound insights come when you least expect them. Be open to the unexpected and the hidden gems within your reflections.
7. **Revisit and Reflect:** Don't hesitate to revisit and reflect on your previous entries. This journal is a record of your journey and progress.
8. **Celebrate Small Wins:** Acknowledge and celebrate your achievements, no matter how small. Every step forward is a step closer to your balanced, fulfilled life.
9. **Share with a Supportive Community:** Consider sharing your journey with a supportive community or a trusted friend. Connecting with others on a similar path can be profoundly uplifting.
10. **Embrace the Process:** Embrace the process of self-discovery, growth, and transformation. Your journey is unique, and it's a beautiful testament to your strength and resilience.

Remember, this journal is a reflection of your inner world—a space to discover your passions, set your purpose, and build resilience against burnout. It's a testament to your commitment to living a life that's not just successful but deeply meaningful and balanced.

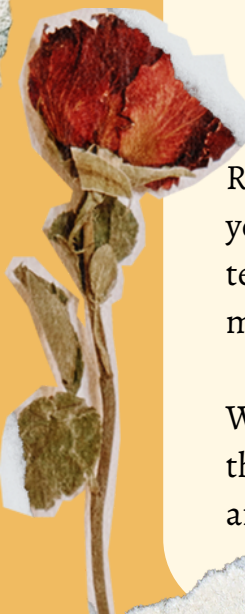
With each entry, you are taking a significant step toward the life you deserve, one that is defined by joy, purpose, and fulfillment. Your journey begins here, and I am here to support you every step of the way.

*Warmly,
Kayla*

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Journal prompts to liberate your life

Inner Work

1) WHAT RECURRING THOUGHTS CONTRIBUTE TO YOUR STRESS AND BURNOUT?

2) HOW HAVE YOUR BELIEFS ABOUT YOURSELF SHAPED YOUR CURRENT SITUATION?

3) WHAT IS ONE LIMITING BELIEF YOU CAN IDENTIFY? HOW LONG HAVE YOU HAD THIS BELIEF?

4) DESCRIBE A TIME WHEN YOU FELT MOST IN ALIGNMENT WITH YOUR TRUE SELF.



5) HOW CAN YOU INCORPORATE MINDFULNESS INTO YOUR DAILY ROUTINE?

6) WHAT ASPECTS OF YOUR IDENTITY NO LONGER SERVE YOU?

7) EXPLORE A RECENT SITUATION WHERE YOU REACTED IMPULSIVELY. WHAT TRIGGERED THIS REACTION?

8) THINK OF A CURRENT STRESSOR. WHAT THOUGHTS DO YOU HAVE ABOUT IT?

9) WHAT EMOTION DID YOU FEEL MOST STRONGLY TODAY? WHAT THOUGHTS WERE ATTACHED TO THAT EMOTION?



Relational Mastery

10) HOW COMFORTABLE ARE YOU WITH VULNERABILITY IN YOUR RELATIONSHIPS?

11) DESCRIBE A MOMENT WHEN YOU WERE TRULY AUTHENTIC WITH SOMEONE. HOW DID IT FEEL?

12) WHAT DO YOU DO WHEN YOU FEEL UNAPPRECIATED?

13) IDENTIFY ONE RELATIONSHIP WHERE YOU NEED TO SET BETTER BOUNDARIES.

14) WRITE A LETTER TO SOMEONE YOU NEED TO FORGIVE OR SEEK FORGIVENESS FROM.



15) WHAT'S ONE COMMUNICATION SKILL YOU'D LIKE TO IMPROVE AND WHY?

16) REFLECT ON A TIME YOU LET FEAR PREVENT YOU FROM EXPRESSING YOUR TRUE FEELINGS.

17) HOW DO YOU SHOW LOVE AND APPRECIATION TO THOSE CLOSEST TO YOU?

18) SHARE A MEANINGFUL CONVERSATION YOU'VE HAD RECENTLY AND WHAT MADE IT SPECIAL.

19) WHAT IS YOUR COMFORTABILITY LEVEL AROUND SAYING "NO?"

Passion & Purpose

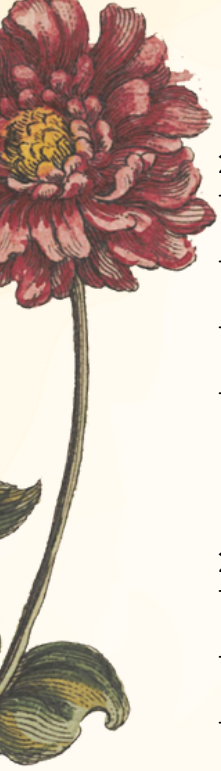
20) LIST YOUR TOP FIVE VALUES IN LIFE. ARE THEY REFLECTED IN YOUR DAILY CHOICES?


21) WHAT ACTIVITIES MAKE YOU LOSE TRACK OF TIME AND BRING YOU JOY?

22) IF TIME AND MONEY WERE NO OBJECT, WHAT WOULD YOU BE DOING RIGHT NOW?

23) DESCRIBE A TIME WHEN YOU FELT MOST ALIGNED WITH YOUR LIFE'S PURPOSE.

24) WHAT ARE YOUR LONG-TERM GOALS AND HOW DO THEY ALIGN WITH YOUR PASSION?





25) WHAT DO YOU WANT TO BE SEEN OR RECOGNIZED AS?

26) REFLECT ON YOUR CAREER: IS IT IN LINE WITH YOUR PASSION AND PURPOSE?

27) WHAT SMALL STEP CAN YOU TAKE TODAY TO MOVE CLOSER TO YOUR LIFE'S PURPOSE?

28) DO YOU THINK YOU CAN SPEND THE ENTIRE DAY IN YOUR OWN COMPANY WITHOUT FEELING BORED?

29) IMAGINE YOUR IDEAL LIFE TEN YEARS FROM NOW. WHAT DOES IT LOOK LIKE?



Burnout Recovery and Self-Care



30) HOW DO YOU APPROACH CHALLENGES IN LIFE?

31) WHAT ARE THE SIGNS THAT YOU'RE APPROACHING BURNOUT?

32) WHEN THE WORKLOAD IS OVERWHELMING, WOULD YOU PUT IN EXTRA EFFORT OR ASK FOR HELP?

33) LIST THREE SELF-CARE ACTIVITIES THAT REJUVENATE YOU.

34) HOW DO YOU CURRENTLY PRIORITIZE SELF-CARE IN YOUR DAILY LIFE?





35) WHAT DOES SELF-CARE MEAN TO YOU?

36) WHAT'S ONE ASPECT OF SELF-CARE YOU'VE BEEN NEGLECTING?

37) CREATE A WEEKLY SELF-CARE PLAN AND STICK TO IT.

38) HOW DOES BURNOUT AFFECT YOUR PHYSICAL HEALTH?

39) SHARE YOUR FAVORITE STRESS-RELIEF TECHNIQUES.



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Balancing Work and Life

40) DO YOU PROCRASTINATE EVEN WHEN YOU ARE AWARE OF THE URGENCY?



41) HOW DO YOU DEFINE WORK-LIFE BALANCE FOR YOURSELF?

42) REFLECT ON YOUR CURRENT WORK SCHEDULE. IS IT BALANCED?

43) WHAT CAN YOU DELEGATE OR ELIMINATE TO REDUCE STRESS AT WORK?

44) DESCRIBE A WORK-RELATED ACHIEVEMENT THAT BROUGHT YOU JOY.





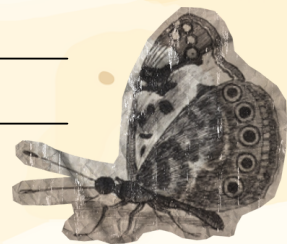
45) WHAT BOUNDARIES CAN YOU SET TO PROTECT YOUR PERSONAL TIME?

46) HOW MIGHT YOU MAINTAIN YOUR CAREER SUCCESS WHILE PRIORITIZING SELF-CARE?

47) IMAGINE YOUR IDEAL WORK-LIFE BALANCE. WHAT CHANGES ARE NEEDED TO ACHIEVE IT?

48) LIST YOUR CAREER GOALS AND PERSONAL LIFE GOALS. ARE THEY IN HARMONY?

49) WHAT ARE YOUR NON-NEGOTIABLE SELF-LOVE DAILY OR WEEKLY ACTIVITIES?



Coping with Stress and Overwhelm

50) WHAT ARE YOUR PRIMARY SOURCES OF STRESS IN YOUR DAILY LIFE?

51) DESCRIBE A RECENT SITUATION WHERE YOU FELT OVERWHELMED. WHAT TRIGGERED IT?

52) WHAT STRESS-RELIEF STRATEGIES HAVE WORKED FOR YOU IN THE PAST?

53) HOW MIGHT YOU BETTER MANAGE STRESS THROUGH TIME MANAGEMENT?

54) WRITE DOWN THREE THINGS THAT BRING YOU CALM DURING CHAOTIC TIMES.





55) IDENTIFY A TASK YOU CAN DELEGATE TO REDUCE YOUR WORKLOAD.

56) WHAT IS THE PART OF THE DAY YOU ARE HAPPIEST? WHY?

57) ONE THING IN YOUR LIFE YOU DON'T WANT TO GIVE UP. WHY?

58) WHAT'S A HEALTHY WAY TO REWARD YOURSELF AFTER ACHIEVING A GOAL?

59) SHARE A TIME WHEN YOU SUCCESSFULLY BOUNCED BACK FROM A STRESSFUL SITUATION.



Exploring Passions and Hobbies



60) LIST THREE HOBBIES OR INTERESTS YOU'VE ALWAYS WANTED TO EXPLORE.



61) REFLECT ON A PAST PASSION YOU'VE LEFT BEHIND. WHY DID YOU STOP PURSUING IT?

62) HOW CAN YOU REINTEGRATE YOUR PASSIONS INTO YOUR LIFE TODAY?

63) DESCRIBE THE LAST TIME YOU ENGAGED IN A CREATIVE OR ARTISTIC ACTIVITY.

64) WHAT'S ONE HOBBY THAT HELPS YOU DISCONNECT FROM THE DAILY GRIND?





65) HOW CAN YOU MAKE TIME FOR YOUR PASSIONS EVEN WITH A BUSY SCHEDULE?

66) EXPLORE A NEW INTEREST YOU'D LIKE TO DELVE INTO.

67) WRITE ABOUT A TIME WHEN A HOBBY BROUGHT YOU A SENSE OF ACCOMPLISHMENT.



68) WHAT WERE THE MOMENTS TODAY THAT LIT YOU UP AND ENERGIZED YOU?

69) WHAT ARE YOUR DRAINERS AND DRIVERS? AT WORK? AT HOME?

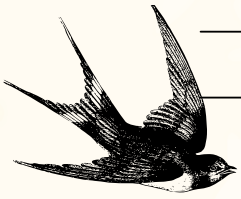


Embracing Change and Transformation



70) HOW DO YOU TYPICALLY REACT TO CHANGE, AND WHY?

71) DESCRIBE A SIGNIFICANT CHANGE YOU'VE EXPERIENCED AND WHAT YOU LEARNED FROM IT.



72) WHAT'S ONE ASPECT OF YOUR LIFE YOU'D LIKE TO CHANGE OR IMPROVE?

73) REFLECT ON A TIME WHEN YOU RESISTED CHANGE BUT LATER FOUND IT BENEFICIAL.

74) HOW CAN YOU EMBRACE CHANGE AND TRANSFORM YOUR CURRENT CIRCUMSTANCES?





75) HOW CONFIDENT ARE YOU ABOUT YOUR CAPABILITIES?



76) LIST THREE POSITIVE CHANGES YOU'D LIKE TO SEE IN YOUR LIFE.

77) WHAT ROLE DOES FEAR PLAY IN PREVENTING CHANGE IN YOUR LIFE?

78) WHAT ELEMENTS OF CHANGE MAKE YOU FEEL UNCOMFORTABLE?

79) SHARE YOUR VISION FOR PERSONAL GROWTH AND TRANSFORMATION.



Setting and Achieving Goals

80) WHAT ARE YOUR CURRENT LIFE AND CAREER GOALS?

81) WRITE A SMART GOAL (SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, TIME-BOUND).

82) HOW IMPORTANT IS WORK IN YOUR LIFE?

83) HOW DO YOU TRACK YOUR PROGRESS TOWARD YOUR GOALS?

84) WHAT'S THE BIGGEST OBSTACLE TO ACHIEVING YOUR GOALS, AND HOW CAN YOU OVERCOME IT?



85) DESCRIBE A RECENT GOAL YOU SUCCESSFULLY ACHIEVED AND HOW IT FELT.

86) SHARE A DREAM YOU'VE ALWAYS HAD BUT NEVER PURSUED. WHY?

87) WHAT SMALL STEP CAN YOU TAKE TODAY TO MOVE CLOSER TO ONE OF YOUR GOALS?

88) REFLECT ON YOUR MOST SIGNIFICANT LIFE ACHIEVEMENT TO DATE.

89) WHAT ARE YOUR SECRET DREAMS?



Building Resilience and Overcoming Challenges

90) HOW HAVE PAST CHALLENGES MADE YOU STRONGER?

91) HOW GOOD ARE YOU AT PROBLEM-SOLVING?

92) DESCRIBE A TIME WHEN YOU OVERCAME A SIGNIFICANT OBSTACLE.

93) WHAT COPING STRATEGIES HAVE HELPED YOU BOUNCE BACK FROM ADVERSITY?

94) SHARE A STORY OF RESILIENCE FROM YOUR PERSONAL OR PROFESSIONAL LIFE.



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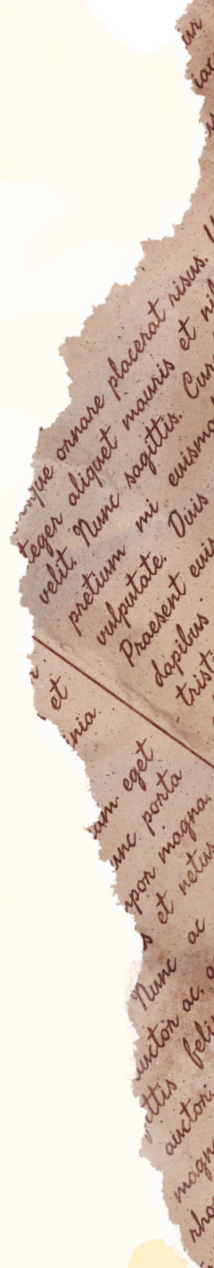
95) HOW DO YOU TYPICALLY RESPOND TO SETBACKS, AND CAN YOU IMPROVE YOUR APPROACH?

96) IDENTIFY A CURRENT CHALLENGE AND BRAINSTORM POTENTIAL SOLUTIONS.

97) WHAT IS YOUR SUPPORT SYSTEM DURING TOUGH TIMES?

98) WRITE A LETTER TO YOUR FUTURE, MORE RESILIENT SELF.

99) WRITE A LETTER TO YOURSELF AS A CHILD OR ADOLESCENT.



Gratitude and Positivity

100) LIST FIVE THINGS YOU'RE GRATEFUL FOR IN YOUR LIFE RIGHT NOW.

101) ARE YOU SATISFIED WITH THE WAY YOUR LIFE IS PANNING OUT?

102) DESCRIBE A RECENT ACT OF KINDNESS YOU EXPERIENCED OR WITNESSED.

103) HOW CAN YOU INCORPORATE A GRATITUDE PRACTICE INTO YOUR DAILY ROUTINE?

104) REFLECT ON YOUR DAILY WINS, NO MATTER HOW SMALL THEY MAY SEEM.





105) WHAT MAKES LIFE WORTH LIVING?

106) SHARE A POSITIVE AFFIRMATION YOU'D LIKE TO FOCUS ON THIS WEEK.

107) WHAT BRINGS YOU JOY AND HAPPINESS IN THE PRESENT MOMENT?

108) WRITE A THANK-YOU LETTER TO SOMEONE WHO HAS POSITIVELY IMPACTED YOUR LIFE.

109) HOW CAN YOU SHIFT YOUR PERSPECTIVE TO SEE THE SILVER LINING IN CHALLENGING SITUATIONS?



Nurturing Meaningful Relationships

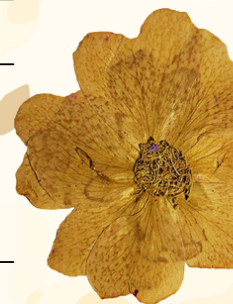
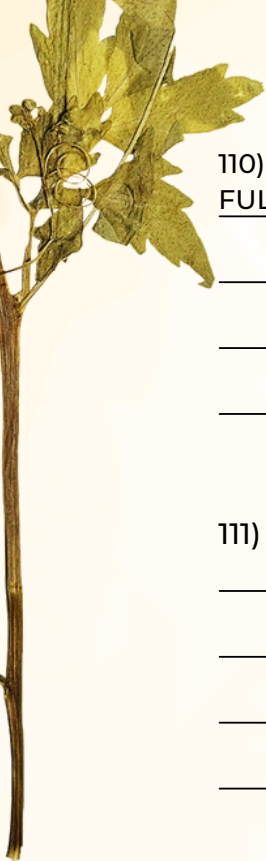
110) REFLECT ON YOUR CLOSEST RELATIONSHIPS. ARE THEY SUPPORTIVE AND FULFILLING?

111) HOW DO YOU DEFINE A MEANINGFUL RELATIONSHIP IN YOUR LIFE?

112) WHAT CAN YOU DO TO IMPROVE THE QUALITY OF YOUR RELATIONSHIPS?

113) WHO ARE THE PEOPLE YOU CAN BE AUTHENTICALLY YOURSELF WITH NO MATTER WHAT?

114) WRITE A LETTER TO SOMEONE YOU'D LIKE TO STRENGTHEN YOUR CONNECTION WITH.



115) SHARE AN EXPERIENCE WHERE SOMEONE SHOWED GENUINE CARE AND SUPPORT FOR YOU.

116) DESCRIBE A RELATIONSHIP THAT DRAINS YOUR ENERGY. WHAT CAN YOU DO ABOUT IT?

117) HOW CAN YOU BRING MORE LOVE AND CONNECTION INTO YOUR DAILY INTERACTIONS?

118) REFLECT ON A TIME WHEN YOU FELT DEEPLY UNDERSTOOD AND VALUED.

119) EXPLORE YOUR RELATIONSHIPS WITH COLLEAGUES. HOW DO YOU FEEL WITHIN THESE RELATIONSHIPS?



Exploring Values and Beliefs

120) LIST YOUR CORE VALUES AND THEIR SIGNIFICANCE IN YOUR LIFE.

121) HOW DO YOUR VALUES ALIGN WITH YOUR CURRENT LIFESTYLE AND DECISIONS?

122) WHAT VALUE-BASED DECISIONS HAVE YOU MADE RECENTLY THAT BROUGHT YOU SATISFACTION?

123) DESCRIBE A TIME WHEN YOU COMPROMISED YOUR VALUES FOR EXTERNAL REASONS.

124) HOW CAN YOU LIVE IN BETTER ALIGNMENT WITH YOUR VALUES MOVING FORWARD?





125) EXPLORE A BELIEF YOU'VE HELD FOR A LONG TIME. IS IT STILL RELEVANT?

126) WRITE ABOUT A VALUE OR BELIEF YOU'D LIKE TO CULTIVATE IN YOUR LIFE.

127) REFLECT ON HOW YOUR VALUES CONTRIBUTE TO YOUR OVERALL WELL-BEING.

128) WHAT ARE YOUR SHADOW VALUES? THESE ARE VALUES YOU WOULDN'T CONSCIOUSLY IDENTIFY OR CHOOSE, BUT WHOSE IMPACT YOU CAN SEE ON YOUR LIFE.

129) THOUGHTS ARE NOT FACTS. WHAT IS A THOUGHT YOU THINK ABOUT YOURSELF THAT ISN'T TRUE? HOW DO YOU KNOW IT'S NOT TRUE?



Mindfulness and Presence

130) HOW CAN YOU TELL IF YOU ARE REALLY PRESENT?

131) WHAT THOUGHTS COME TO MIND WHEN YOU HEAR "MINDFUL?"

132) HOW PRESENT ARE YOU IN YOUR DAILY ACTIVITIES AND INTERACTIONS?

133) DESCRIBE A MOMENT OF COMPLETE MINDFULNESS AND PRESENCE.

134) WHAT DISTRACTS YOU FROM BEING FULLY PRESENT, AND HOW CAN YOU REDUCE THOSE DISTRACTIONS?



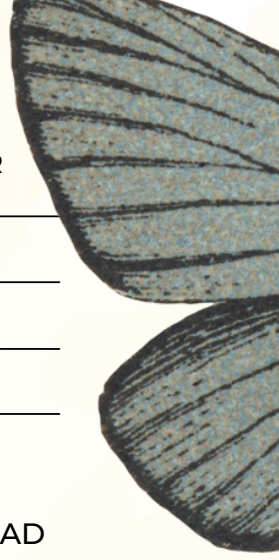
135) PRACTICE A 10-MINUTE MINDFULNESS MEDITATION AND WRITE ABOUT YOUR EXPERIENCE.

136) SHARE A RECENT SITUATION WHERE YOU REACTED MINDFULLY INSTEAD OF IMPULSIVELY.

137) HOW CAN YOU INFUSE MINDFULNESS INTO EVERYDAY TASKS AND ROUTINES?

138) EXPLORE YOUR THOUGHTS AND EMOTIONS DURING A MOMENT OF STRESS. WHAT CAN YOU LEARN FROM THIS?

139) REFLECT ON THE BEAUTY OF BEING FULLY ENGAGED IN THE PRESENT MOMENT.



Self-Reflection and Growth

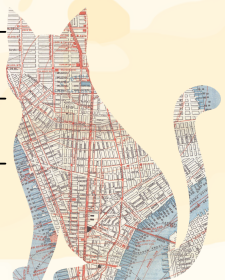
140) WHAT IS YOUR PERSONAL MANTRA OR GUIDING PHILOSOPHY IN LIFE?

141) REFLECT ON A CHALLENGING DECISION YOU'VE MADE AND ITS IMPACT ON YOUR GROWTH.

142) HOW DO YOU MEASURE YOUR PERSONAL GROWTH AND DEVELOPMENT?

143) SHARE A RECENT EXPERIENCE THAT PUSHED YOU OUT OF YOUR COMFORT ZONE.

144) IDENTIFY A FEAR THAT HAS HELD YOU BACK FROM GROWTH. HOW CAN YOU CONQUER IT?





145) WHAT'S THE MOST SIGNIFICANT LESSON YOU'VE LEARNED IN THE PAST YEAR?

146) WRITE A LETTER TO YOUR FUTURE SELF, OUTLINING YOUR DESIRED PERSONAL GROWTH.



147) HOW DO YOU ENVISION YOUR PERSONAL GROWTH CONTRIBUTING TO A BALANCED LIFE?

148) WHAT IF THE GOAL ISN'T TO HAVE A BIG EXTRAVAGANT AWAKENING, BUT TO SIMPLY BE 1% BETTER THAN YESTERDAY?

149) HOW DO YOU WANT TO GROW INTERNALLY?



Thank you!

I hope your journey through this journal has left you feeling more self-aware and closer to the life you dream of.

If you are still feeling like there aren't enough hours in the day or like you are waiting for life to slow down so you can actually enjoy it, you may benefit from working with me.

I help women transform their exhaustion into excitement through individual coaching. Having regular support and resources from someone who has not only trained extensively in psychology but who has been there can be incredibly powerful on your healing journey.

My mission is to make the world a more loving place by empowering women to love themselves more thoroughly.

If you are ready to work together, email me at kayla.sweet@internallyguidedleadership.com or book a discovery call at internallyguidedleadership.com.

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