

■ Worksheet 1: Understanding Your Stop Signal

What Forced You to Stop?

Your body's stop signal (check all that apply):

■ Chronic fatigue/exhaustion

■ Physical pain/illness

■ Anxiety/panic

■ Depression/burnout

■ Autoimmune flare

■ Cognitive issues

■ Sleep disturbance

■ Other: _____

How long did you ignore the early warnings?

What I'm Done With (Relief/Neutral/Grief Exercise)

List what you're stopping. Mark each: R (Relief), N (Neutral), or G (Grief)

[illegible]

Permission Statements Ritual

Write and repeat these daily for 30 days:

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

I give myself permission to _____

Your Breaking Point Story

Write about what finally made you stop:

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.