



Robyn Bryson  
Counselling

# BURNOUT TO BOUNDARIES

BY ROBYN BRYSON



A PERSONAL GROWTH WORKBOOK FOR THE  
OVERLOADED

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# WELCOME



Take a breath.

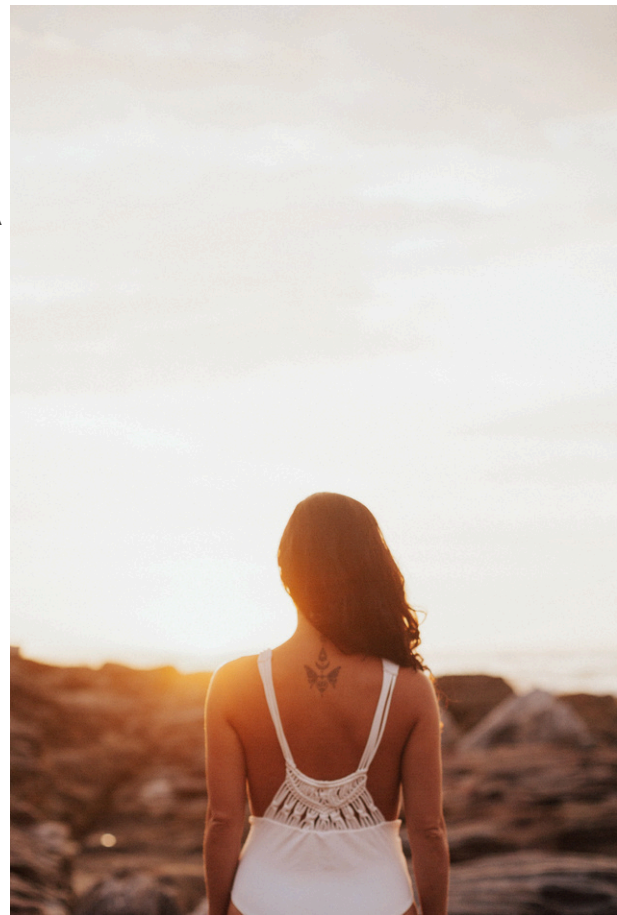
You found your way here not because you failed, but because you've been carrying too much for too long. Maybe you've been the reliable one, the fixer, the doer—always saying yes, always pushing through, even when your body and soul whisper “enough.” Maybe you're here because you're exhausted and overwhelmed, but unsure how to slow down without guilt or fear.

This workbook is for the version of you that is tired of striving, pleasing, proving. It's for the part of you that wants to rest, to feel whole again—not just functional.

Let this be your permission slip to pause, reset, and reconnect with your needs. Let this be your reminder:

You are not broken. You are burned out. And burnout is not a personal failure—it's a signal. A call to come home to yourself.

*Robyn Bryson*  
*MT RCTT*





## ABOUT ME

Hi, I'm Robyn. I'm a therapist, space-holder, and human who knows the quiet ache of burnout firsthand.

For years, I believed that being "good" meant being available to everyone—at the cost of my own well-being. I overfunctioned, overgave, and ignored my body's signals. Sound familiar?

This workbook was born from the healing I've done—with myself and with the many clients who've come to me feeling exhausted, overextended, and unsure how to stop. My approach is gentle, trauma-informed, and rooted in the belief that you don't need to earn rest, prove your worth, or do it all alone.

Inside these pages, you'll find practical tools, emotional support, and space to rebuild trust with yourself—one small, kind step at a time.

I hope this workbook reminds you that healing doesn't have to be harsh. It can be soft. It can be slow. And it can start now.

With care,  
Robyn

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# A SHORT NOTE ON BURNOUT, TRAUMA, AND OVERFUNCTIONING

Burnout doesn't just happen because you worked too many hours or took on too many tasks. Often, it's deeply connected to your nervous system, your history, and your learned patterns of survival.

Many of us learned, from a young age, that love had to be earned through being helpful, good, quiet, high-achieving, or selfless. So we became overfunctioners—doing more than our share, taking on too much, feeling responsible for everything and everyone. We became hypervigilant, scanning for how to be useful or how to avoid disappointing others.

That's not laziness. That's trauma in disguise.

That's survival, shaped by a world that taught you your worth is in your doing.

You're allowed to do life differently now. This workbook is not here to fix you—it's here to gently unlearn, to reparent the parts of you that were never told it was safe to rest, to have needs, or to say “no.”





# HOW TO USE THIS WORKBOOK

There's no “right” way to move through this. Take your time. Let it meet you where you are.

Each chapter is designed to focus on one key area of healing and change, including:

- Gentle reflection + education on patterns like people-pleasing, multitasking, poor boundaries, and guilt around rest
- Nervous system practices to regulate overwhelm and rewire safety into your body
- Reparenting moments to nurture the younger parts of you who learned over functioning as survival
- SMART goals to help you take small, sustainable steps forward
- Journal prompts to guide you into deeper reflection
- “Try This Week” actions that are practical and compassionate—not another to-do list, but life-giving shifts

💡 Tip: You don't need to complete everything. Even one page, one pause, one small “no” this week can begin to shift everything. You've already done the hardest part by showing up! Let's begin—gently.



## CHAPTER ONE

# THE MYTH OF "ENOUGH"

Understanding Overfunctioning, People-Pleasing,  
and Perfectionism





# Burnout often begins with a lie: “If I just do more, I’ll finally feel okay.”

Many of us have been taught—subtly or directly—that our worth depends on our output, our helpfulness, or our ability to meet everyone else’s expectations. This chapter invites you to gently question that belief.

Overfunctioning is a survival strategy. So is people-pleasing. So is perfectionism. They all come from a desire to stay safe, loved, and accepted. They can also keep you stuck in a cycle of exhaustion, where rest feels dangerous and saying "no" feels like failure. It’s time to name the truth: **You are already enough.**

# Journal Prompt

- What did I learn growing up about what makes someone worthy or valuable?
- When do I feel like I have to be helpful, productive, or perfect to be accepted?
- What am I afraid might happen if I say “no” or stop trying so hard?
- How have people-pleasing or overworking helped me in the past? Are they helping now?
- What feelings come up when I try to rest or do less?
- What would change if I truly believed I am already enough?



# Reparenting Practice

## A Letter from Your Inner Nurturer

Take a moment to write a short letter to yourself from the part of you that is deeply kind and unconditionally loving—the part that sees your worth even when you’re not “producing.” It can be helpful here to consider what you may say to a friend going through a similar circumstance.

You can begin with:

Dear [Your Name],

*You are already enough. You don't have to prove your value. You don't have to earn rest. I love you for who you are, not what you do...*

Let this voice guide you when the old programming gets loud.

[illegible]



# Regulation Practice

## Grounding & Orienting (5-4-3-2-1 Senses)

This is a simple practice to bring your body out of stress and into the present:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Do this anytime you feel overwhelmed, pressured, or disconnected.

## Try This Week

Track the moments you feel the urge to say “yes” automatically.

What are you afraid will happen if you say no?

What part of you is trying to keep you safe?

Ask yourself:

👉 “If I say no to this, what am I saying yes to—for me?”

This simple question can shift everything.

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# What Is a SMART Goal?

A SMART goal is a way to set yourself up for realistic, sustainable success. It turns vague hopes (“I want to rest more”) into clear, doable actions you can actually follow through on—without pressure or perfectionism.

SMART stands for:

S – Specific

What exactly will you do?

✧ Example: “I’ll drink a full glass of water each morning.”

M – Measurable

How will you track it or know you did it?

✧ “I’ll check it off in my planner or note it in my phone.”

A – Achievable

Is this realistic for your current energy and schedule?

✧ Choose something small—1 minute of breathing counts.

R – Relevant

Does it align with what you actually need right now?

✧ “This supports my goal to rebuild self-trust and care.”

T – Time-bound

What’s your time frame or commitment?

✧ “I’ll do this for 5 days this week and check in on how it felt.”

## SMART Goal

## Daily Self-Check-In (2 minutes/day)

Create space to check in with yourself each day. Keep it simple:

Specific: I'll pause at lunchtime to notice how I feel.

Measurable: I'll do this every day for 7 days.

Achievable: It only takes 2 minutes.

Realistic: I won't judge what I find—just notice.

Time-bound: I'll track this in my notes or journal for one week.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a guide for handwriting or typing. The background is a clean, solid white color.



CHAPTER TWO

# Redefining Productivity and Rest

Rest is Not Lazy



# Rest is a Form of Resistance

## Honoring Your Humanity

Burnout thrives in cultures that glorify hustle and treat rest like a weakness. But here's the truth: rest is not a reward—it's a right. It's a form of resistance in a world that equates your worth with your output.

We've been conditioned to believe that productivity is the highest virtue. That doing more makes us better. But that belief? It's a lie.

You are not a machine. Your body, your mind, your spirit—they need rhythm, not nonstop motion. Rest isn't lazy. It's necessary. It's what allows creativity, clarity, and energy to return.

To heal from burnout, we have to rewrite the story:

Rest is productive. Rest is powerful. Rest is human.

Let's stop seeing downtime as wasted time and start seeing it as sacred space—where healing begins and your worth is never in question.

## Affirmations: Honoring Rest + Humanity

- *I am human, not a machine. I deserve rest, rhythm, and care.*
- *Rest is not a luxury—it is a powerful way I honor myself.*
- *My value isn't earned through exhaustion. I am enough.*
- *Saying “no” can be an act of love—for myself and others.*
- *I release the need to prove my worth. I am worthy as I am.*

# Journal Prompt

- What messages did you receive about rest growing up?
- Did rest feel like something earned—or something shameful?
- Who in your family or culture rested, and who never stopped?
- Write about the spoken and unspoken rules you absorbed about rest.





# Reparenting Practice

## Visualization: Your Inner Child Napping Peacefully

Close your eyes. Picture your younger self—maybe 5 or 6 years old—curled up on a soft surface, completely relaxed. There's sunlight filtering in. There's no rush. Watch as they breathe softly, safe and cared for. *Can you give them permission to rest? Can you give that same permission to yourself now?*

# Regulation Practice

## Co-Regulation via Self-Touch

Place one hand on your heart and one hand on your belly. Inhale slowly through your nose, letting your belly rise. Exhale gently through your mouth. Do this for one full minute. Feel the warmth of your own touch, the rhythm of your breath. This is how we remind our nervous system: it's safe to slow down.

# Try This Week

Watch a show or read a book on purpose, without multitasking or folding laundry while you do it.

When the guilt voice creeps in, say:

*"I'm resting."*

*Not: "I should be doing something."*

## SMART Goal

## Create a Rest Ritual (3x/Week)

Pick a rest activity that feels good just because. Not one that “makes you better” or is secretly productive.

Examples: watching a show guilt-free, taking a slow walk, painting, listening to music, lying in the grass.

## Make it specific:

Specific: I will take a 20-minute walk with no phone.

Measurable: I'll do this 3 times this week.

Achievable: I'll choose days I'm less scheduled.

Realistic: I won't force myself to meditate if that's not restful for me.

Time-bound: I'll try this for one week and reassess.



## CHAPTER THREE

# THE BOUNDARY RESET

Why boundaries feel scary + how to start small



# Boundaries: Honoring Your Needs

Boundaries are not walls. They're bridges—ways to connect more honestly, safely, and sustainably.

At their core, a boundary is a clear statement of a need: What I can give, what I can't, what feels okay, and what doesn't.

But here's why they can feel scary:

- You may have been taught that saying “no” is rude, selfish, or unkind.
- You may fear conflict, disapproval, or losing connection.
- You may not have seen boundaries modeled in a healthy way.

Still, here's the truth:

Boundaries aren't punishments—they are clarity.

They protect your energy, your time, your peace, and your well-being.

They are how we honor ourselves and our relationships.

.Here are a few ways to practice:

- “I'm not available for that right now.”
- “That doesn't work for me.”
- “I need some time to think before I respond.”
- “I can't say yes to that, but here's what I can offer.”
- “I need a break. Let's reconnect later.”

## JOURNAL PROMPT

- Where am I saying “yes” when I really mean “no”?
- Think about your day-to-day life—at work, with friends, in your family. What are the situations where your “yes” is automatic, but your body is saying otherwise?
- How does it feel in your body when you override your truth?
- What’s one boundary your body or heart has been asking for lately? What’s one small way you can begin honoring that need?





# Reparenting Practice

## Script Your “First No” as a Loving Act

Write a short script of what it might sound like to say no with clarity and care. Remember, saying no doesn't mean you're unkind—it means you are respecting your capacity.

Example:

“Thank you for thinking of me. I care about you, but I won’t be able to do that right now.”

“That’s not going to work for me, but I hope it goes well!”

Use your own language—make it sound like you. Practice saying it aloud.

[illegible]

# Regulation Practice

Setting boundaries can trigger fear—but your breath can help you stay grounded in choice and safety.

## Step 1: Grounding Breath

Place a hand on your chest or belly. Take 3 slow breaths:

- Inhale through your nose → “I am safe.”
- Exhale through your mouth → “I can choose.”

## Step 2: Body Check-In

Notice where you feel tension—jaw, shoulders, stomach.

Can you soften, even a little?

## Step 3: Anchor Your Intention

Feel your feet on the ground.

Silently say:

“I can speak my truth with care. I don’t have to abandon myself.”

This simple pause helps remind your body: you are safe, and you have a choice.

# Try This Week

Use one of these phrases at least once:

- “Let me get back to you.”
- “I’m not available.”
- “That doesn’t work for me.”

Notice how it feels in your body when you pause before saying “yes.”

Practice a “tiny no”—something small but honest, like turning down a last-minute request or muting notifications after work.

Bonus Reflection: “What did I learn about myself when I said no?”

## SMART Goal

## Practice One Clear Boundary This Week

Choose one area where you feel drained. Set a single, doable boundary.

- Specific: “No work emails after 6pm.”
- Measurable: I’ll track this daily for one week.
- Achievable: I’ll set a phone reminder and hold myself gently accountable.
- Realistic: I may slip once or twice, but that’s okay.
- Time-bound: One week of practice, then reassess.

Boundaries build confidence over time—they get easier after the first step.

This image shows a single 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.



## CHAPTER FOUR

# THE NEVER-ENDING LIST

You are not your to-do list



# You Are Not Your To-Do List

For many of us, self-worth has been tied to how much we get done. We measure our days (and sometimes our value) by what we checked off. But there's a cost: exhaustion, resentment, and a life that feels more like survival than joy.

Let's be clear: you are not your productivity. You are not your list. To-do lists can support you—but they should serve you, not own you. When the list becomes a measure of whether you're “doing enough,” it's time for a reset. Real productivity isn't about doing more—it's about doing what matters and letting the rest be "good enough."

## Journal Prompt

## What's on your “should list” vs. your “want list”?

Take a moment to write two columns. One for all the things you feel like you should do. And another for what you want to do—if you had permission to listen to yourself. What’s the difference in tone, pressure, energy?

This image shows a single 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.





# Regulation Practice

## Gentle Stretching Between Tasks

Your body holds tension when you're constantly shifting from one task to the next. Between items on your list, pause for just 30 seconds:

Reach your arms overhead.

Roll your shoulders.

Stretch your neck gently side to side.

Inhale slowly and exhale with a sigh.

This tiny ritual signals your nervous system: We're not in danger. We can do this with ease.

# Reparenting Practice

## Let Your Inner Child Choose Your Priorities for One Day

What would your 6-year-old self choose today? Maybe play, rest, creativity, joy. Let them lead. Ask: "If I didn't have to earn rest or fun, what would I choose right now?" Then let yourself actually do it. No guilt, no catch-up.

This image shows a single 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.

## SMART GOAL

## Create a “Top 3” Daily Task Habit

Instead of an overwhelming list, try this:

**Specific:** I'll write down only 3 priority tasks each morning.

**Measurable:** 3 sticky notes max.

**Achievable:** I'll check in once mid-day to realign if needed.

**Realistic:** I'll let "good enough" be the goal, not perfection.

**Time-bound:** I'll practice this habit for 5 days this week.

This shift helps you stay focused and protects your energy

## Try This Week

Use sticky notes or a small card to limit your to-do list to 3 items per day. Let that be enough.

When you feel the pressure to perfect, say to yourself:

👉 “Let this be good enough.”

Sometimes, done is kinder than perfect.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width. The paper is otherwise completely empty, with no margins, text, or other markings.





## CHAPTER FIVE

# REBUILDING TRUST WITH YOURSELF

Self-trust through consistency and care



# Self-Trust Through Consistency and Care

Burnout doesn't just drain your energy—it erodes your trust in yourself. When you're constantly pushing past your limits or breaking promises to your own needs, it becomes hard to believe your own voice. But trust isn't about perfection—it's built in small, steady ways.

Every time you honor your needs, no matter how small, you're telling yourself:

***“You matter. I’ve got you.”***

This chapter is about showing up—not with force, but with gentleness. Not to “fix” yourself, but to care for yourself like someone worth trusting again.

## Journal Prompt

- Where have I abandoned my own needs?
- How can I show up today?
- Write honestly. Are there moments when you’ve dismissed your body’s signals, overcommitted, or ignored your limits?
- How can you offer yourself compassion—not blame—for those choices?
- What would showing up for yourself look like today?



# Reparenting Practice

## A Note From Your Future Self

Write a short message from the version of you who has been showing up—slowly, steadily, kindly—for weeks or months. Let that voice speak encouragement back to you today.

Example:

“You didn’t have to be perfect. You just kept showing up. I’m proud of you for choosing care over hustle. You trusted me—your future self—and it worked. I feel stronger, softer, steadier because of you.”

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# Regulation Practice

## Self-Affirmation Meditation

Find a quiet spot. Close your eyes and place one hand on your chest. Breathe slowly. As you inhale and exhale, repeat silently or aloud:

“I am rebuilding trust with myself.”

“I show up in small ways, and that is enough.”

Stay with the breath and affirmations for one minute. Let this be a daily touchpoint to reconnect with your inner self.

## Try This Week

start a “success jar”

- Each day, write down one small thing you followed through on—no matter how tiny. A glass of water. Saying no. Getting outside. Write it, fold it, and drop it in the jar.
- 

Let the evidence of your consistency build a new story:

***“I show up for me now.”***



## SMART Goal

## Choose One Daily Micro-Practice

Building trust starts with one consistent act of care. Choose something that takes less than 2 minutes:

- Drink a full glass of water first thing.
- Do a 1-minute body scan.
- Pause mid-day to ask, “What do I need right now?”

Specific: I will drink a glass of water every morning.

Measurable: I'll check it off each day this week.

Achievable: It's small, doable, and gentle.

Realistic: I'm not trying to overhaul everything—just build a bridge back to myself.

Time-bound: I'll track this for 7 days and reflect.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, providing a template for writing or drawing. The margins are consistent on all sides.



## CHAPTER SIX

# INTEGRATION + MOVING FORWARD

You get to do life differently now



# Self-Trust Through Consistency and Care

You Get to Do Life Differently Now

This is not the end—it's a turning point.

Burnout recovery isn't about becoming a new person. It's about returning to yourself—the version of you that's been there all along, under the people-pleasing, the pushing, the perfectionism. You've done the hard work of unlearning, reconnecting, and reclaiming.

Now it's time to integrate.

You don't have to go back to "normal." You get to choose a new normal—one rooted in gentleness, clarity, and care. This chapter is about deciding what you carry forward. You don't need to do it perfectly—you just need to stay connected to what matters.

## Journal Prompt

- What new truths do I want to live by?
- List out the beliefs and values that feel true now, after walking through this work. What are you no longer available for? What do you want to protect and prioritize moving forward?

Examples:

Rest is not earned. I get to say no. I don't have to prove my worth. I honor my needs without guilt. Small steps count. I belong to myself first.





# Reparenting Practice

## Create a Personal Manifesto or “Nurture Contract”

Write a short contract or manifesto for how you promise to care for yourself moving forward. Include truths, commitments, and gentle reminders. You might start with:

I promise to check in with myself before checking out. I promise to speak to myself like someone I love. I will rest without guilt. I will set boundaries as acts of love—not just for others, but for me.

You can frame it, carry it in your journal, or turn it into a voice memo to replay when you forget.

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire width, typical of notebook or legal stationery. The paper is otherwise completely empty, with no text, markings, or illustrations.



# Regulation Practice

## Create Your Personal Grounding Ritual

Now that you've learned multiple tools, choose your favorite and personalize it:

- A 2-minute breath and stretch sequence
- A "hand-on-heart" moment with an affirmation
- A grounding walk around the block
- Lighting a candle before or after work to mark transitions

Make this your go-to anchor when things feel chaotic.

## Try This Week

- Design Your "Bare Minimum" Wellness Plan
- What supports you just enough when things get hectic? Write down your non-negotiables for survival mode. Example:
  - Water
  - 7-minute stretch
  - No email after 8pm
  - One slow breath before saying "yes"
  - Your bare minimum is still worthy. Let it be enough.
- Celebrate What You've Already Shifted
- Take stock of your wins. What boundaries have you held? What moments of rest did you allow? What self-talk has changed?

You've done more than you think!





# SMART Goal

## Practice One Clear Boundary This Week

Choose one area where you feel drained. Set a single, doable boundary.

- Specific: “No work emails after 6pm.”
- Measurable: I’ll track this daily for one week.
- Achievable: I’ll set a phone reminder and hold myself gently accountable.
- Realistic: I may slip once or twice, but that’s okay.
- Time-bound: One week of practice, then reassess.

Boundaries build confidence over time—they get easier after the first step.

## Try This Week

Practice using one of these boundary-setting phrases in real time:

- ***“Let me get back to you.”***
- ***“I’m not available.”***
- ***“That doesn’t work for me.”***

Start with the one that feels most natural. These phrases create space without conflict. **They protect your energy and honor your needs.**





CHAPTER SEVEN

# INTEGRATION TOOLKIT



# SMART Goal Worksheet

What do I want to work on right now?

(Choose one small area: rest, boundaries, hydration, focus, etc.)

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◆ S – Specific

What exactly will I do?

---

◆ M – Measurable

How will I track it?

---

◆ A – Achievable

Is this goal realistic for my current energy and life?

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◆ R – Relevant

Why does this matter to me right now?

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◆ T – Time-bound

What is my time frame or check-in point?

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💬 Encouragement Statement

Write a phrase to support yourself during this goal:

“I don’t have to do this perfectly. I’m learning to show up with care.”

## SMART Goal Tracker

My SMART Goal:

Write your specific, kind, doable goal here

→ \_\_\_\_\_

Track Your Progress (One Week)

D Did I follow through? Notes or Self-Check-In

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection

- What helped me follow through?
- What made it harder to show up?
- If I skipped a day, how did I speak to myself?

One small adjustment I can make next week:

Gentle Reminder:

*"I am building trust through small, imperfect steps.  
Every attempt counts. Every check-in is progress."*


# GOAL PLANNER

Created    /    /    To Achieve By    /    /    Achieved    ☐

SMART GOAL

ACTION STEPS	MOTIVATION
1 _____	_____
2 _____	_____
3 _____	_____
4 _____	_____
5 _____	_____

STRATEGY
_____
_____
_____
_____
_____
_____
_____
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PROGRESS TRACKER	REWARD
	_____
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# FEELINGS WHEEL

A Feelings Wheel is a powerful emotional awareness tool designed to help people identify, name, and understand their emotions with more clarity and depth. It organizes emotions from core feelings in the center to more specific variations around the edges. It helps people move beyond basic terms like "happy" or "sad" to more accurately express what they're really feeling—especially useful in burnout recovery, emotional regulation, or communication.

This layered design helps people pinpoint exactly what they feel, which is often the first step toward regulation, boundary setting, and healing.

Burnout often leaves people disconnected from their emotions, defaulting to “I’m just tired” or “I’m fine.”

The Feelings Wheel gently invites people to slow down and check in, building emotional vocabulary and self-awareness without judgment.

Try This Prompt:

“What am I feeling right now? Where do I feel it in my body?”

“If I start in the center of the wheel, what word fits best right now?”



# FEELINGS WHEEL



# WEEKLY PLANNER

Dates    /    /    —    /    /    /    /

Monday	This week's focus   
Tuesday	
Wednesday	<div>Habits</div> <div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div></div>
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# Boundary Script Template

1. What is the boundary you need to set?

(Think: time, energy, communication, emotional space, etc.)

Example: "I don't want to respond to work messages after 6pm."

→ \_\_\_\_\_

2. Who is this boundary with?

\_\_\_\_\_

3. What emotion or discomfort comes up when thinking about this boundary?

\_\_\_\_\_

4. What tone do you want to use?

☐ Direct

☐ Gentle

☐ Compassionate

☐ Firm

☐ Neutral

5. Draft Your Boundary Script

Try one of these sentence starters:

- "I'm not available for \_\_\_\_ right now."
- "I need \_\_\_\_ to support my energy."
- "That doesn't work for me."
- "Let me get back to you on that."
- "I care about you, and I need \_\_\_\_."

My script:

→ \_\_\_\_\_

6. Optional: Backup Script (if you feel guilt or pressure)

"I'm practicing honoring my limits, and this is part of that."

"I know this might feel different, but I'm trying to care for myself differently."

Gentle Reminder:

"Boundaries protect my energy, not my ego. They are an act of self-kindness."

# Yes/No Decision Matrix

Use this when you're unsure whether to say yes, no, or something in between.

This tool is designed to support your energy, not your obligations.

What's the request or decision?

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What does my body say?

(Tightness, heaviness, lightness, tension, calm?)

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What emotion comes up when I imagine saying yes?

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What emotion comes up when I imagine saying no?

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Trade-Off Reflection

If I say YES, I am saying NO to

If I say NO, I am saying YES to:

Values Check

Does this align with my current priorities, energy, or boundaries?

☐ Yes

☐ No

☐ Partially—can I adjust it?

Notes: \_\_\_\_\_

Optional Response Starters

- “That doesn’t work for me right now.”
- “Let me get back to you after I check in with myself.”
- “I’m not available for that, but thank you for thinking of me.”

Gentle Reminder

“I don’t need to earn rest or explain my limits. A clear ‘no’ protects what matters.”

# FINAL REFLECTION: COMING HOME TO YOURSELF



Take a moment to pause. Breathe. Let your body feel the weight of this journey—not as a burden, but as proof that you showed up. You faced the truth, softened the pressure, and began rewriting the story.

You've reclaimed pieces of yourself that burnout tried to bury. You've redefined rest, reshaped boundaries, and re-learned how to listen inward.

There's no finish line here—just an ongoing relationship with yourself.

So ask gently:

“What do I want to carry forward from this work?”

“What do I need to keep feeling like me?”

You don't have to be perfect. You only have to be present. Again and again.

## **Closing Affirmation**

I am allowed to rest, to say no, to change my mind.

I trust my rhythms. I honor my energy.

I show up with care, not because I must, but because I can.

This is how I come home to myself.

*Robyn Bryson*



# CONGRATULATIONS ON FINISHING THIS WORKBOOK!

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You've moved through unlearning, rest, boundaries, and self-trust—not perfectly, but meaningfully.

Before you go, take a moment to notice:

***What feels different in your body now?***

***What have you stopped apologizing for?***

***What part of you feels more seen, more held?***

You don't need to be "fixed." You were never broken.  
Burnout didn't make you weak—it asked you to listen.  
This is not the end. It's a new beginning on your terms.



***"I am not behind. I am exactly where I need to be to begin again."***

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