

# Workbook



## Beat Burnout by Being Your True Self

by Tracy Inscore, Esq.

*Are you ready for a life that you don't feel the need to escape from?  
Let's explore and define your unique life purpose, mission, values, and  
priorities to create a life that is energizing rather than draining.*

*Tracy*

[www.tapoutburnout.com](http://www.tapoutburnout.com)

## Introduction

Hi, I'm Tracy. I've been a practicing attorney for the past 15 years, but more recently started my own holistic energy healing practice dedicated to helping fellow lawyers and other high-stress professionals prevent and recover from burnout. I've discovered that no matter how stressful our careers may be, burnout is never *really* about the job—it is a symptom of much deeper issues, such as:

- Nervous system dysregulation
- Subconscious fears and limiting beliefs
- Trauma
- Generational patterns/childhood family dynamics
- Societal programming
- Living outside of your true purpose or out of alignment with your core values or priorities

Using the somatic healing tool of Emotional Freedom Techniques (“EFT”), more commonly known as “tapping”, I work with clients to overcome burnout using a 3-step process:

- 1) Get out of “fight or flight” by soothing the nervous system.
- 2) Address deeper issues and old programming that is keeping them stuck.
- 3) Get crystal clear on their purpose, mission, values and priorities so that they can create what they want instead of repeating old patterns.

Step 3 of this process was the inspiration for this workbook. While it may seem strange to encourage people to start at Step 3, this process is flexible and does not have to be linear. In fact, Step 3 can be powerful motivation to do the deep work required in Steps 1 and 2.

I realized that most of us have never spent much time thinking about or clearly defining: 1) our life purpose; 2) our unique mission, 3) our core values and 4) our priorities. Not knowing these four key things can cause us to live out of alignment with our true selves—and this leads to burnout because inauthenticity is draining.

Not only do we have more trouble saying “no” to the wrong things, but we have trouble saying “yes” to the right things. We are easier to control, exploit and manipulate when we aren’t clear on our core values and our purpose/mission. Boundaries are difficult to set when you don’t have a clear “why” or aren’t sure what you should be prioritizing instead. All of this leads to chronic energetic depletion and a nagging feeling that you’re missing your true calling.

**“You often feel tired, not because you've done too much, but because you've done too little of what sparks a light in you.”**

**— Alexander Den Heijer**

This workbook is meant to be a starting point for deeper thought and conversations. Take your time working through the exercises and reflection questions. You may notice that you struggle to answer certain questions, or you may be surprised by your answers or realizations. This is normal—many of us have spent *decades* out of alignment with our purpose, mission, values and priorities. It may feel sad or overwhelming to realize that you have been living inauthentically; but my hope is that you feel inspired to take action and make some changes for a more fulfilling life.

Each section of the workbook has a corresponding video that you can access by clicking on the section heading. I also invite you to visit my [website](#) for additional resources. Lastly, please check out the last page of this workbook for a special session offer, as a thank-you for downloading this workbook. The world needs you more now than ever.

With love and gratitude,

*Tracy*

Disclaimer: The contents of this workbook should not be considered a substitute for psychiatric care or psychotherapy. I am not a licensed therapist; all readers are encouraged to consult their physician or a licensed mental health professional prior to beginning any type of alternative or energy healing modality or coaching program. The information provided in this workshop or in my sessions is not intended or implied to be a substitute for professional medical diagnosis or treatment.

## I. Life Purpose: The “Who” (click for video)

Your life purpose is not about what you do or what your job title is, but about who you are. It is your unique energetic signature; the reason that your soul chose to incarnate on Earth at this particular time. Your life purpose will find a way to shine through no matter where you are or what you’re doing, just by being your most natural self—you can’t help it. Although your purpose may be expressed in many different ways and involve different *roles* over your lifetime, your fundamental purpose does not change. It is what you were put on Earth to do, although it can take a variety of different shapes and forms. Your purpose is expressed through your mission, values and priorities (we’ll discover these in Parts II - IV of this workbook) which often evolve and change throughout our lives.

The reason for identifying our specific life purpose is not intended to limit us, but rather to focus us so that we can direct our time and energy most efficiently and in ways that are most fulfilling to us. Most people live in an extremely fragmented state with their energy pulled in multiple directions. The result is that they feel *busy* all the time but not necessarily productive or fulfilled. Once we are clear on our overarching life purpose, we save a lot of mental energy by no longer having to question and second-guess what we’re supposed to be doing. This also makes it easier for us to fulfill our purpose no matter what situation or job we find ourselves in.

Knowing our life purpose is important to preventing and healing from burnout because we are each equipped with the unique gifts, abilities, personality, strengths and stamina to fulfill our unique life purpose. Have you ever looked at someone doing a certain job or role with such ease and grace, and you think, “wow, that’s amazing. I could never do what they do”? What you are likely acknowledging in that moment is their natural gift and ability to accomplish that task. You could probably do the same with practice, but it may come at great difficulty and at the expense of honing and nurturing your natural gifts and talents. Sadly, too many people force themselves to stay in occupations and roles that are not in alignment with their true purpose, which leaves them drained and depleted—because it takes a tremendous amount of energy to pretend to be someone you’re not.

This is not to say that your work or occupation needs to have a direct relationship to your life purpose to have value, or that you will experience burnout if this isn't the case. Society has promoted the idea that our life purpose or "passion" needs to somehow be related to our paid work or career—and that if it isn't, then we're doing something wrong. I don't believe this is true, which goes back to the very first sentence of this workbook: your life purpose is not about what you do or what your job title is, but about who you are at a soul level. For example, you may have a strong life purpose as a teacher and yet work in a field that is totally unrelated to education. However, you would probably naturally gravitate toward training colleagues at work or teaching your own kids. You might have the ability to explain complicated concepts in an understandable and approachable way or to demonstrate by doing. The more opportunities for you to teach, the more energized you feel—it lights you up inside.

In sum, many life purposes are expressed through other roles that are not work-related at all. The bottom line is that it's critical for you to have an adequate outlet to express your purpose, in whatever shape or form that may be.

The list below is by no means exhaustive, and the one-word descriptions are meant to be "archetypal" to capture broad categories. "Creator" for example, might include artists, bakers, chefs, musicians, and writers, or anyone who turns ideas into form and substance. A "provider" could include someone who financially supports a family, an entrepreneur who creates jobs, or a farmer/gardener who yields a harvest. A "connector" might bring people together in a variety of ways or connect people with needed resources.

Feel free to add any other descriptions to your list, checking first to see if they might already fit within one of the broader categories listed. Once you have your list, choose your top **three purposes** that you most strongly identify with and that most fully capture the essence of *who you are*.

## Life Purpose Examples

Activist	Counselor	Leader	Restorer
Advocate	Creator	Liberator	Sage
Alchemist	Defender	Mentor	Scholar
Amplifier	Encourager	Mother	Storyteller
Artist	Expander	Muse	Teacher
Builder	Explorer	Nurturer	Uplifter
Caregiver	Disruptor	Organizer	Witness
Catalyst	Father	Peacemaker	_____
Coach	Guide	Pioneer/trailblazer	_____
Communicator	Healer	Protector	_____
Conduit	Helper	Provider	_____
Connector	Innovator		

## My Top Three Life Purposes

\_\_\_\_\_

Some people will read this list and immediately resonate with one or more purposes; others require more reflection. Some helpful questions to ask might be:

- What are you naturally good at? What would others say that you're best at?
- How would others describe you? Share this list with a friend and ask them; they might also have new descriptions to add.
- What activities and situations do you enjoy the most?
- What did you most enjoy doing as a child? What did you want to be when you grew up?
- If you could only choose to do one thing on this list for the rest of your life as your purpose, what would it be?
- Trust your intuition and what resonates with you. Thinking of each description, close your eyes and see how it *feels*. Do you feel warmth or excitement, or just sort of blah?

These purposes are stated broadly, because *how* we carry out our purpose will change and evolve over time. Again, it is important to remember that purpose is more about who we are rather than what we do. Someone who is a “restorer” might be called to restore run-down houses or plant trees after a wildfire in one stage of life; and then help people to restore relationships or their health in another stage of life. They will always seek to restore beauty and functionality, or repair what has been damaged no matter what the context, because it is who they are.

For some people, their highest and truest life purpose is as a father/mother/parent—but keep in mind that not everyone who identifies with one of these roles will also identify this as their life purpose—even if being a parent is incredibly important to them. Most of us have characteristics that allow us to fulfill multiple roles (and to do so beautifully!) but a role does not necessarily equate to our life purpose. For example, someone might really excel at organizing (whether organizing people or things/spaces) and they are happy to take on that role for themselves and other people—but it is not their main life purpose.

Be gently aware of any value judgments that may come up for you as far as what purposes seem “better” or more noble. Try not to confuse priorities (which we will look at in Part IV of this workbook) with purpose; being a great parent (biological, adoptive, foster or step) can be a top priority even if it is not your soul’s purpose and mission. This in no way devalues your love for your children. Also, if you have a strong “nurturer” purpose, consider how this might include the role of parent when your kids are young, but could evolve to include nurturing animals, plants, nieces, nephews, grandchildren, the elderly, etc. as your family situation changes.

Don’t overlook your purpose just because it doesn’t seem to be connected to anything “big” right now. If you naturally have a high-vibrational, healing frequency, you help others simply by being around them. A family law attorney who helps to facilitate a peaceful divorce is just as much of a peacemaker as a foreign diplomat or hostage negotiator. Never underestimate the ripple effect that your gifts have on the world. Taking time to understand and define your purpose will help you to have an even greater impact and use your natural gifts in the most enriching and meaningful way possible.

Next, you're going to take your top three list and narrow it down to **one** main purpose. This can be difficult, especially if you are a multi-talented, multi-passionate person. Narrowing down to your single main purpose doesn't mean that you can't pursue others, but knowing your primary life purpose will help you to focus your energy and make sure that your values and priorities are in alignment with and supportive of, your life purpose. Before writing this workbook, I always identified as a "Healer/Teacher", but when I challenged myself to narrow this down to just one, I realized that I am really meant to teach people how to access their own power to heal *themselves*.

**Rewrite** your top three mission/purposes here from the previous page:

**My Top Three Life Purposes**

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Which of these do you feel most strongly about? If you could only pursue **one** for the rest of your life, which would it be? Write this in the space provided below.

**My Life Purpose**

\_\_\_\_\_

*If you're struggling to narrow down to a single purpose, take a break and revisit after you've reflected on your mission and values in Parts II and III of this workbook.*



## Life Purpose Questions for Reflection

On a scale of 0 to 10 (10 being the highest), when thinking about your life right now, how aligned is your life with your purpose? \_\_\_\_\_

If you'd like the number above to be higher, what would need to change so that your daily life or work could be more aligned with your purpose?

Imagine in as much detail as possible that you are announcing your life purpose to your friends, family and colleagues. Make a note of any emotions, physical sensations you experience, as well as what you imagine their reactions to be.

## II. Mission: The “What” (click for video)

Once we know *who* we are, the next step is identifying *what* we are meant to do, or our mission.

We can have more than one mission, and it can change and evolve over time. However, it is always related to, or rooted in your life purpose in some way. A great way to get really clear on your mission is to create a mission statement which clearly sets forth the main theme of what you are called to do right now. Your mission statement should be centered around three main components:

### Example

**Purpose: Advocate or Provider**

**Mission: Eliminating school lunch debt so that no child goes hungry at school or feels ashamed that their parents can't pay.**

- 1) Your life purpose and the unique gift(s) you offer to the world;
- 2) Who you want to serve; the target audience or recipients of your gifts; and
- 3) The ultimate result you want to achieve.

Your mission statement does not have to be related to your career or paid work; and it can also touch more than one area of your life. It could impact one person or one billion (both are equally valuable: think butterfly effect). Try to be as specific as possible! Here are some more examples for inspiration:

- **(Purpose: Teacher)** My mission is to awaken people to their true power by teaching them how to manage their energy so they can experience greater freedom.
- **(Purpose: Guide/Mentor/Sage/Storyteller)** My mission is to share my life story and wisdom I've learned from my past mistakes with teenagers and young adults in a relatable way, so they can make decisions that lead to better outcomes.

- **(Purpose: Connector)** My mission is to connect people with similar experiences and create a sense of community for people who **[fill in the blank]** so that they feel supported and less alone. In doing so, I teach my children to be inclusive and to look for opportunities for connection with others.
- **(Purpose: Disruptor)** My mission is to question the status quo/authority and dismantle systems and paradigms that are no longer serving the highest and best good of humanity, in accordance with my own moral compass.
- **(Purpose: Organizer)** My mission is to help people declutter their homes so that they have more energy, space and time to create and enjoy their ideal life. My own home is an organized reflection of my inner peace and an energetic extension of who I am, which benefits everyone who enters it.
- **(Purpose: Peacemaker)** My mission is to promote peace in divorce proceedings and in families by skillfully mediating conflict and using my unique ability to deescalate tense and emotional situations.
- **(Purpose: Advocate/Guardian/Defender/Protector)** My mission is to protect the environment and leave behind a better planet for future generations, by defending open space/nature from encroachment by development and working to hold polluters accountable.

Obviously, the possibilities for your mission statement are endless! Don't be afraid to revise it as many times as you need to. **Write your mission statement here:**

## Mission Questions for Reflection

**On a scale of 0 to 10 (10 being the highest), when thinking about your life right now, how aligned is your life with your mission?**

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**If you'd like the number above to be higher, what things would need to change so that your daily life or work could be more aligned with your mission?**

**What is your vision for how you'd like to fulfill your mission in the future?**

**Who is the target audience or demographic you feel most called to work with or serve; why?**

**If I don't fulfill my mission in this lifetime, it will be because [fill in the blank]:**

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**III. Values: The “Why” (click for video)**

In this context, values describe the qualities we appreciate and *value* in ourselves and in others, or the things that are most important to us and that we most want to experience. These attributes may comprise your personal code of ethics or may be non-negotiables in terms of your own personal conduct and what you expect of others in your relationships. However, for this exercise, I challenge you to not correlate *values* with *morals* – many of us use these terms interchangeably, but they are not necessarily the same thing.

*Values* are internal and personal to us, while *morals* and ethics are principles and rules that govern how we relate to others (and are therefore more externally focused). *Morals* are the system of beliefs that are shaped not only by our own core values, but also by the expectations of society, our parents, religion, etc. Here, I invite you to think of your values in terms of what you truly appreciate and desire. Be aware of any judgment or self-criticism that comes up as you explore what you truly value the most. For example, would it feel bad or selfish to say that enjoyment and pleasure are among your top values? Many of us have been told that “family is everything” and so we would automatically say that we value family because it is not considered socially acceptable to say otherwise—but is that how you truly feel?

Your values are also your “why” and if you look closely, you will likely find that they are threads running through your purpose/mission. For example, my #1 value is freedom (by the way, I was 39 by the time I figured this out, so don't feel

like you're late to the party). I also highly value health, but this is primarily because I view health as foundational to freedom. As I shared in Section I of the workbook, my life purpose is Teacher; the "why" that drives me is that I want my teaching to result in greater health and ultimately, greater freedom for all. Sovereignty and responsibility are other top values that influence my purpose/mission as Teacher. If I were suddenly placed in a position where I was required to teach principles that were contrary to these values, it would feel terrible.

Yet, we know that many people feel trapped in jobs that are in direct conflict with their values. Think of someone who loves nature and is passionate about protecting the environment, but whose job as a lawyer requires them to defend mass polluters. Even if they could compartmentalize and do their job effectively, it would likely be at a great personal cost because doing such work would feel like a betrayal of their values. Someone whose top values are comfort and solitude would probably struggle working and living in close quarters on an oil rig for weeks or months at a time.

Living out of alignment with our highest values ultimately contributes to burnout because we put our energy into people, places and situations that do not enrich or fulfill us. Many of our values are also directly related to our *needs*. Being unaware of what we value and what we need causes us to go without getting these needs satisfied, which leads to a state of chronic depletion (aka burnout).

Most of us have never taken the time to inventory what our values and needs are, or we have experienced some sort of shame or criticism relative to those values or needs; for example, being told that our need for adventure and freedom makes us flaky or irresponsible, or that our desire for power and wealth makes us greedy. Part of my work with clients is to undo these limiting beliefs and societal programming so that it feels safe for them to truly acknowledge their values, needs and desires.

The list of sample values on the following page are intended as suggestions/inspiration. Feel free to add your own to the list.

## Examples of Values

Abundance  
Acceptance  
Accountability  
Achievement  
Adaptability  
Adventure  
Authenticity  
Autonomy  
Balance  
Beauty  
Boldness  
Celebration  
Charity  
Cleanliness  
Collaboration  
Comfort  
Communication  
Community  
Compassion  
Connection  
Conservation  
Contentment  
Courage  
Creativity  
Curiosity  
Dependability  
Discipline  
Diversity  
Ease  
Efficiency  
Elegance  
Empathy  
Endurance  
Enjoyment  
Excitement

Excellence  
Expansion  
Faith  
Fame  
Family  
Fitness  
Forgiveness  
Flexibility  
Freedom  
Friendship  
Fun  
Generosity  
Gentleness  
Gratitude  
Growth  
Happiness  
Harmony  
Health  
Honesty  
Humor  
Inclusion  
Independence  
Innovation  
Intelligence  
Joy  
Justice  
Kindness  
Knowledge  
Leadership  
Learning  
Love  
Loyalty  
Nature  
Open-Mindedness  
Optimism

Patience  
Peace  
Pleasure  
Power  
Reciprocity  
Reputation  
Respect  
Responsibility  
Rest  
Safety  
Security  
Sensuality  
Service  
Sexuality  
Solitude  
Sovereignty  
Spirituality  
Stability  
Stewardship  
Sustainability  
Strength  
Success  
Trust  
Wealth  
Wisdom  
Add your own:

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While we might appreciate every single thing in the list above, identifying our top values helps to clarify what is most important to us and where we may need to make adjustments in our lives. At some point, you may be required to sacrifice or prioritize one value over another, so it is critical to know which of your values are *not* up for negotiation. I value financial stability, but my #1 value is freedom. So, if I were offered a lucrative financial opportunity but it entailed a demanding schedule with little free time and no autonomy in my work, it would be an automatic (and easy) *no* for me.

Imagine pouring these values through a funnel to distill them down to the truest, most essential reflection of who you are. From the list above, select your **top ten values** and write them here or a separate sheet of paper:

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Of those ten, now identify your **top five values**. This is where it gets difficult. Some helpful questions for reflection are:

- Which of these could I truly not live without (or would be miserable without)?
- Which of these do I appreciate and value most in other people?
- How do each of these values make me feel?
- Does one value encompass another (for example, does wealth equal power for me)?
- Do I feel free to choose these values based on what I truly desire and appreciate, or do I feel guilt and shame around any of these values?

**Write your top five values here:**

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Most people have never taken the time to think about their values in this way so if you've made it this far, congratulations! Next, you're going to challenge yourself even more to narrow down to your **top three values**:

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Extra challenge: if you can, identify your **single most important value** out of your top three. This might require additional time for reflection.

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### **Values Questions for Reflection:**

**On a scale of 0 to 10 (10 being the highest), when thinking about your life right now, how aligned is your daily life with your top three values? \_\_\_\_\_**

**Would an outside observer be able to tell what your top value(s) are, simply by observing your life? Why or why not?**

**What aspect(s) of your life feel most in conflict with your top value(s)?**

**What aspect(s) of your life feel most aligned with your top value(s)?**

**How would your life change if it became governed by your top three values? How does that possibility feel (joyful, scary, exhilarating, impossible, overwhelming)?**

**How do your top value(s) relate to your purpose and mission? Do you see any common themes, or feel the need to revise your purpose or mission based on what you've discovered about your core values?**

#### IV. Priorities: The “When”, “Where” and “How” (click for video)

What we give our time, energy and attention to—what we prioritize regularly—dictates when, where and how we fulfill our purpose/mission and live in accordance with our values. Our priorities show us what is truly important to us. Priorities are often action-oriented and involve *doing* something, which is why failing to have clear priorities can lead to burnout. When you don't have your own priorities front and center, you will find that other people are glad to have you focus your time and attention on theirs instead. While service to others is important, constantly putting our precious life force energy towards other

people's priorities leaves us drained and depleted and hinders us on our path towards our own purpose, mission and values.

“A person's actions will ALWAYS tell you what their priorities are. People spend their time, money, and energy on what's important to them.”

— Germany Kent

Our priorities shift and change over time and even day-to-day. Many of us make daily “to-do” lists of priorities to accomplish that day, or maybe even a weekly list of tasks to accomplish. For this exercise, try to identify your broader or more long-term priorities based on what is most important to you and what you prioritize most of the time.

Our priorities are a litmus test for our values and vice-versa; if you listed health or fitness as your top value but an honest evaluation of your calendar revealed that you spend less than 1% of your week exercising, I would invite you to consider: is this *really* your top value or is your schedule showing you that you actually value something else much more (say, family or fun)? If so, there's zero shame in that, but the key is to be honest with yourself.

**There are 168 hours in a week.**

**One hour and 40 minutes = about 1% of our weekly time**



Next, imagine that you are forced to eliminate two priorities, and narrow down to your **top three priorities** here:

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If you're having trouble narrowing down to your top three priorities, answering these questions may help:

- Which of these priorities could I truly not live without (or would be miserable without)?
- Which of these priorities could I delegate (in full or in part) to someone else? Which of them are things that only I can fulfill?
- Which of these priorities are a “have to” and which of these are a “want to”?
- Which of these priorities are most in alignment with, or supportive of my top values? My mission?
- Which of these priorities leave me feeling energized and which leave me feeling drained?
- Do I have trouble choosing priorities that allow me to receive, rather than give?

### **Priorities Questions for Reflection:**

**Revisit your calendar for the past several months or take a mental inventory of how you actually spend the hours in your day. Think about your typical day, week and month. On a scale of 0-10 (10 being the highest), how well does your overall life reflect your top three priorities? \_\_\_\_\_**

**If the number above is not as high as you would like, what is getting in the way of your life reflecting your priorities? What have you been prioritizing instead in your habits and routines?**

**Are your priorities in alignment with, and supportive of your life purpose, mission and values? Why or why not?**

## **V. Next Steps.**

After doing the reflection exercises in this workbook, it is normal to have questions and conflicting feelings arise. You may have become more aware of limiting fears or beliefs that are preventing you from fully stepping into your purpose or mission. I'd love to support you in a one-on-one session with Steps 1 and 2 of my process and talk in-depth about what you uncovered through your Step 3 exploration in this workbook. To get started, scan the QR code below or click the link to access a special discounted rate for a New Client Initial 90-minute session.



**Discounted Session Offer**