

# The Dope Living Dope Took Kit!

The FREE guide to help  
you prevent burnout,  
protect your peace + live  
with joy and intention

# Welcome

Welcome to the Living  
Dope Tool Kit!

Hi, I'm Coach AJ. I created the Living Dope Method as a way to help us pause, breathe, and reclaim what burnout tries to steal from us, our energy, our joy, and our sense of self.

This toolkit is a simple starting point. Inside, you'll find practical exercises, reflections, and tools to help you check in with yourself and take the first steps toward living dope, every single day.

This isn't about perfection. It's about progress. Let's dive in.



Coach AJ





# How to use this guide

Find a cozy and comfortable space to work on this guide. Take a few deep breathes and relax.

This guide soul purpose is to help practice self-care during the colder months on a regular basis. Use this guide maintain self-care regulary.

## QUESTIONS?

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# The Four Pillars Of Living Dope

## The Four Pillars Of Living Dope

### D – Define What’s Draining You

Exercise: Write 3 things that drain you. Circle one to change.

### O – Own Your Boundaries

Exercise: Choose 1 area to say “no” this week.

### P – Practice Daily Restoration

Exercise: List 3 five-minute recharge habits.

### E – Embrace Community & Joy

Exercise: Write down 2 people who lift you up. Text one today.

## How Dope Am I Living Now?

Rate yourself from 1-10 in each area:

Energy \_\_\_/10  
Boundaries \_\_\_/10  
Daily Restoration \_\_\_/10  
Joy & Community \_\_\_/10

Reflection: Which area needs the most love this week?

## Burn Out Red Flags

- ☐ I feel tired even after sleeping
- ☐ I get easily irritated or numb
- ☐ I struggle to focus or feel motivated
- ☐ My joy feels distant or forced
- ☐ I say “yes” when I mean “no”

If you checked 3 or more → it’s time to pause and use the Living Dope Method.

## Your Weekly Living Dope Plan

One thing I will stop doing:

One boundary I will honour:

One small restoration habit:

# Journal Prompts

1. Where in my life do I feel most drained right now?
2. What would living dope look like for me this month?
3. If I gave myself permission to say “no,” what would I say it to?
  4. What small daily joy am I overlooking?
  5. Who can I lean on when I need support?

**Are you interested in coaching? Reach out to me today to schedule your complimentary call!**



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