

Turn Your Burnout Into Bliss®

Your How-To Guide to Transforming Your Life

Bioengineering Part 1

By Gail Nichols RN

www.GailNichols.com

Are you feeling burned out – stressed by your job, your relationship, your health?

Have you felt you have tried everything to reclaim your serenity and focus on a happy future but still are suffering from anxiety, depression, a feeling of sadness and despair?

I have felt the same way at different times in my life too.

Would you like to learn how to turn your burnout into bliss....and transform your life in the process?

Here are **5 Key Steps to Success** below that have worked for me and for my coaching clients.

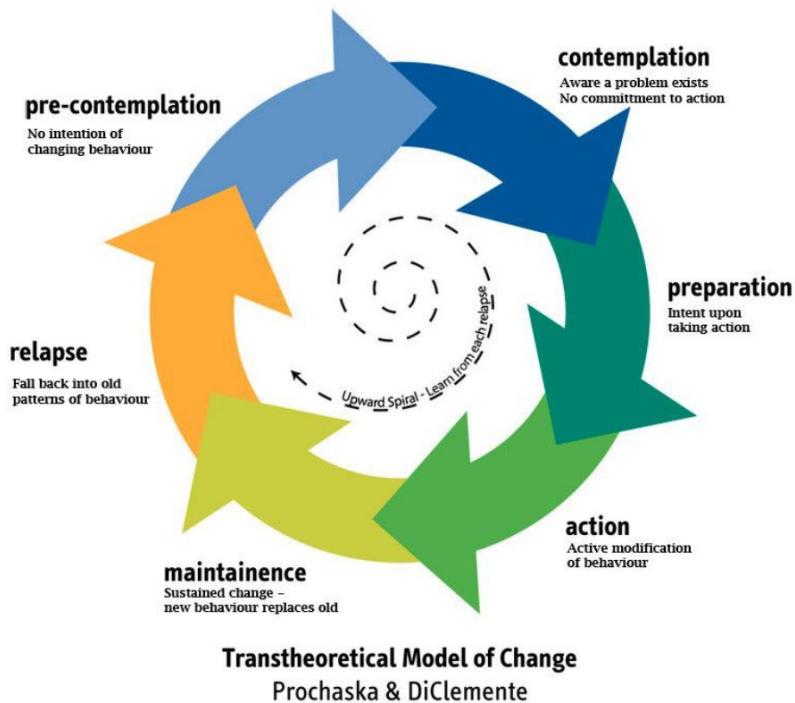
More detailed information and support is available in my *Burnout To Bliss© Mastermind Workshop* and *Burnout To Bliss Transformation Boot Camp*.

To transform your life, you need to step into a new identity.

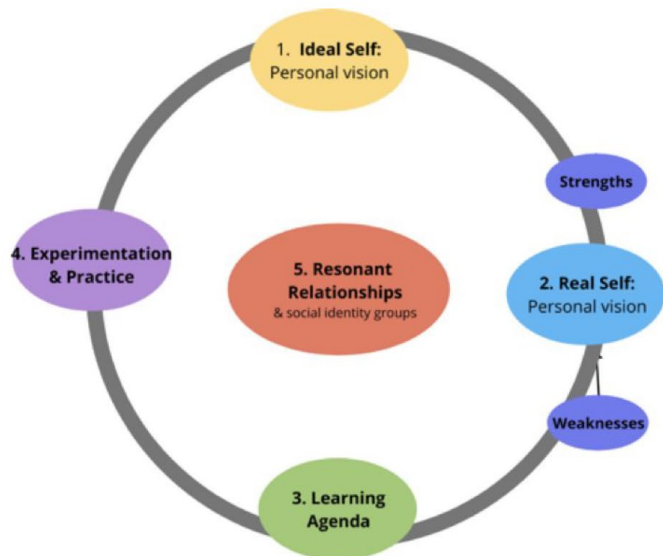
To step into a new identity, you need to be open to change.

Let's first review the **Stages of Change** as shown in the following diagram.

Stages of change



Intentional Change Theory



5 discoveries needed for change

1. Discover your ideal self
2. Discover your current self
3. Create your learning agenda
4. Experiment with and practice new habits
5. Get support



1. Ideal self

If you had all of the resources available for you, what would you love to create for your life?

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- Experiences
- Growth
- Contribution



2. Current self

Who are you right now?

- Values
- Strengths & gaps
- How do you see yourself?
- How do others perceive you?



3. Learning Agenda

What do you need to learn to get to your ideal self?

- What skills & resources do you need?
- How do you learn best?



4. Experiment & practice

What action steps do you need to take to get to your ideal self?

- How will you measure success over time?
- How can you make your new habits fun!



5. Get support

What support do you need in your journey?

- How can you build your accountability system?
- Who can guide and support you?

You are invited to dig deeper into these transformational tools in my *Burnout To Bliss*® *Mastermind Workshop* and *Burnout To Bliss Transformation Boot Camp*.

Learn more at www.GailNichols.com