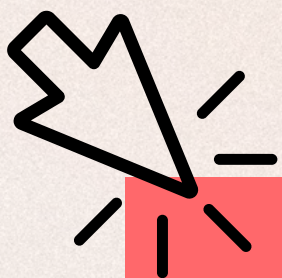


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# A 7-Day Guided Reset to Find Direction, Confidence and Momentum

By Jack Longton Life Coach | ACCPH Accredited Life Coach

**Jack Longton Life Coach | ACCPH Accredited Life Coach**

# Before you Burnout



**Recognise the signs.  
Reset your pace.  
Protect your energy.**

**A practical guide to protecting your energy  
and preventing overwhelm**

**Burnout rarely happens overnight. It builds  
quietly, through small compromises, ignored  
signals and constant pushing. This guide  
helps you pause early and course-correct.**

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# LIFE BY DESIGN: A TEMPLATE

By Jack Longton Life Coach |  
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# The Health & Energy Reboot

This guide is designed for people who feel tired, unfocused or overwhelmed, and need a straightforward, achievable reset. Your tone stays encouraging, forward-thinking and practical.



By Jack Longton Life Coach | ACCPH Accredited Life Coach



Personal  
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10 tools to build

***Action  
Consistency  
&  
Confidence***

Jack Longton

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