



How to Tell If You're Burnt Out or Just Soul-Bored

A 5-minute clarity guide for the
woman who feels off, drained, or
disconnected - but can't quite
explain why.

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The Truth

You're doing everything "right." So Why does it still feel... *wrong*?

You wake up exhausted, even after sleep.

The tiniest tasks feel heavy.

You're numbing out. Snapping. Scrolling.

You fantasize about quitting your job, moving to a cabin, or starting over entirely.

But you push through — because what else are you supposed to do?
Let's pause right here.

Because what you're feeling might not be traditional "burnout" — it might be something deeper.

Something energetic. Emotional. Soul-level.

You might be soul-bored.

And that's not a flaw — it's a message.

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Burnout vs. Soul-Bored



Burnt Out

- Physically and mentally drained
- Can't keep up with tasks
- Brain fog + emotional exhaustion
- Want to rest
- Overwhelmed by output

Soul-Bored

- Low-key numb, "blah," disconnected
- Can do them... just don't care anymore
- Dull ache, craving something meaningful
- Want to feel lit up again
- Starved for input (beauty, depth, magic)

✨ Which side resonates more?

No judgment either way — this is intel from your system. Your body and soul are trying to show you something.

The Soul Message



Your energy isn't broken — it's just misdirected.”
It needs fuel — passion, meaning, truth.
But most of us were taught to perform, not feel.

Ask yourself:

- 💡 “Does this light me up?”
- 💡 “Is this aligned with who I'm becoming?”

Your exhaustion might not mean you need a nap — it might mean you're off path.

You're not lazy. You're not broken.
You're misaligned.



A Soul Alignment Mini Ritual

Step 1: The Sacred Pause

Light a candle. Put your hand on your heart. Say:

“I give myself permission to tell the truth about what no longer feels good.”

Step 2: Reflect with These Prompts:

- What parts of my work / life drain me the most?
- When do I feel most lit up or alive?
- If I were truly honest... what would I walk away from right now?

Step 3: Embodiment Shift

Put on a playlist that feels expansive. Move your body — no agenda. Just feel.

Anchor Phrase:

“I’m not here to push. I’m here to align.”

What Now?



You don't need a 10-step productivity hack.

You need to listen to the part of you whispering:

“There's more than this.”

This moment — right now — is sacred.

You've paused. You've listened. You've felt.

And that's where alignment begins.

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