



MY BURNOUT-PROOF

Mindset and Lifestyle

journal

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TOP BENEFITS OF JOURNALING

CLARITY OF THOUGHTS

Journaling helps you untangle the noise in your mind so you can see what you really think and feel, clearly and without judgment

EMOTIONAL PROCESSING

It gives your emotions a safe place to land, which helps reduce overwhelm, stress and the urge to escape with alcohol.

OWNING YOUR JOURNEY

The page becomes a mirror, helping you celebrate your progress, stay accountable, and honour your commitment.



SELF-AWARENESS

Start noticing your patterns, triggers and blind spots — and once you see them, you can shift them.

REWIRING YOUR MINDSET

When you regularly reflect in writing, you reinforce your new beliefs and make powerful mindset changes stick.

MINDFUL TRANSFORMATION

Journaling puts you in the driver's seat of your life, helping you respond with intention instead of reacting on autopilot.



Daily Reflection

Find a quiet space, take a breath, and write freely. No judgement, no pressure. You're not trying to get it right; you're trying to get it out.

Reflection Where I am now

- What part of my life feels out of balance right now?
- What am I pretending is "fine" when it isn't?
- How do I usually respond when I'm overwhelmed?

You don't have to fix anything. Just notice.

Self-Compassion Softening the Inner Voice

- What would I say to a dear friend who felt the way I do?
- How can I offer the same kindness to myself today?
- What small comfort or boundary would help me feel safe right now?

Be gentle — this is where healing begins.

Energy Feeling Aligned

- What gives me energy — and what drains it?
- Where am I saying "yes" when I really mean "no"?
- What would "enough" look like for me today?

Future Building Excitement

- What do I want to feel more of in my life this week?
- What's one boundary, ritual, or small act of self-care that would make a difference?
- If I trusted myself completely, what would I do next?

(You don't need the full plan — just the first brave step.)