

FROM BURNOUT TO BALANCE


Unlocking Sustainable Success for High-Achieving Individuals

WELCOME

Right now, you're exhausted—running on empty, stuck in survival mode, and wondering if this is just how life is. But what if you could wake up energized, feel in control of your time, finances, and health, and actually enjoy your life again?

That reality is possible—and today, I'll show you how.





**My mission is to
empower, uplift, and connect
ambitious individuals who
are ready to step into their
next-level selves.**

MANIFESTBOSSBABE



WHAT WE KNOW

Burnout can create feelings of depletion, overwhelm, emotional fatigue, cynicism, and distraction—definitely not a mindset that fosters high performance.

47%

**of people
who are burnt out
report producing
lower quality
work**



WHAT IS BURNOUT?

Burnout is a state of mental, physical, and emotional exhaustion that can occur when someone is under prolonged stress. It can happen at work or in other areas of life.

Areas of your life that are affected:

- Feeling of never having enough time
- Working endlessly for more money
- Disconnection with family & friends
- Lack of energy, focus or desire
- Health issues include autoimmune diseases

WHY DO YOU WANT BALANCE?

You want to wake up refreshed, excited for the day ahead. Move through life with confidence, ease, and financial freedom—where stress doesn't dictate your decisions.

Imagine feeling strong in your body, clear in your mind, and deeply connected in your relationships.

This isn't just wishful thinking—it's possible.

AMANDA BUSSIÈRE

MANIFESTBOSSBABE

My Life

I'm a mindset coach dedicated to helping high-achieving individuals like you unlock their potential, break free from burnout, and step into a life of purpose, confidence, and radiance. I have 2 amazing girls, that light up my life, and my WHY to become a better version of myself not only for me, but for them. I want them to grow into empowered women, aspiring to chase their dreams and living a life of abundance.

My Works

I know firsthand what it feels like to be stuck in the relentless cycle of overwhelm, exhaustion, and self-doubt, chasing success but never feeling truly fulfilled. That's why I specialize in guiding individuals who feel drained, disconnected, and stuck in autopilot to reclaim their inner power, shift their mindset, and manifest the life they deeply desire.





why I am called *manifestbossbabe*

I am the creator of my reality,
I choose to live a happy,
abundant life. I am magnetic.

I am the CEO of my life, a
leader, mentor, coach,
aspiration,
& building a legacy.

I take care of my well-being,
loving myself inside & out,
striving for longevity.



Big Goal

This is the YOU ready to thrive, waking up with clarity and purpose.

You experience stress-free living, confidence, and the ability to create your desires.

With a strong, well-fueled body, you embrace self-love, leading to flourishing relationships, firm boundaries, and a magnetic presence.

TRANSFORMATION

Clarity

Identify burnout causes and obstacles.

Actionable Steps

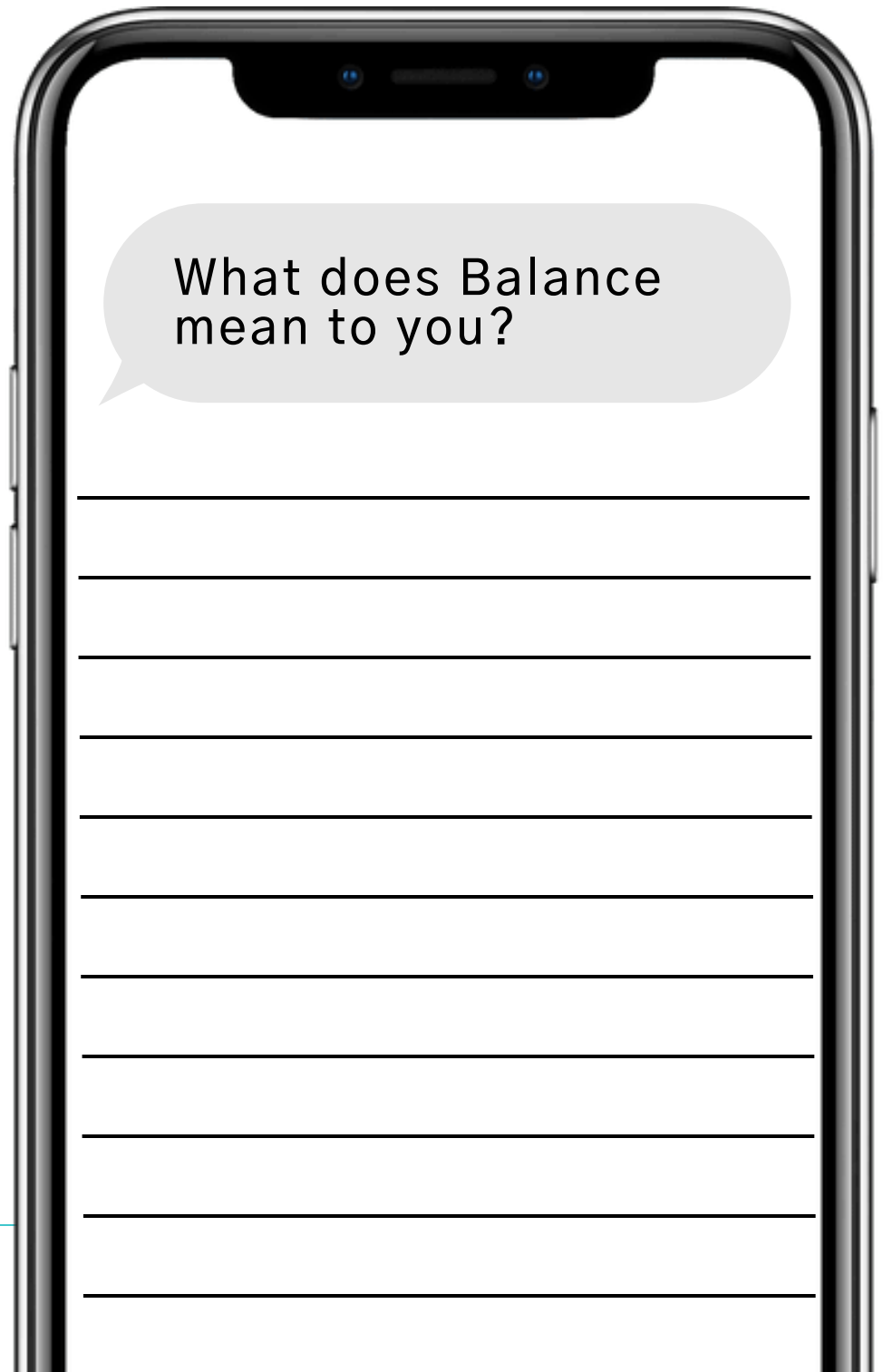
Gain tools for time and energy management.

Renewed Balance

Develop a plan for professional & personal well-being.



In your notes....



**Balance in life
represents a sense of
contentment and fulfillment
across various aspects,
while minimizing negative
effects in other areas.**

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WEALTH

W Well-Being

E Energy

A Abundance

L Leader

T Time

H Health

Consistency is the creator of WEALTH

MANIFESTBOSSBABE

5 PILLARS OF LIFE

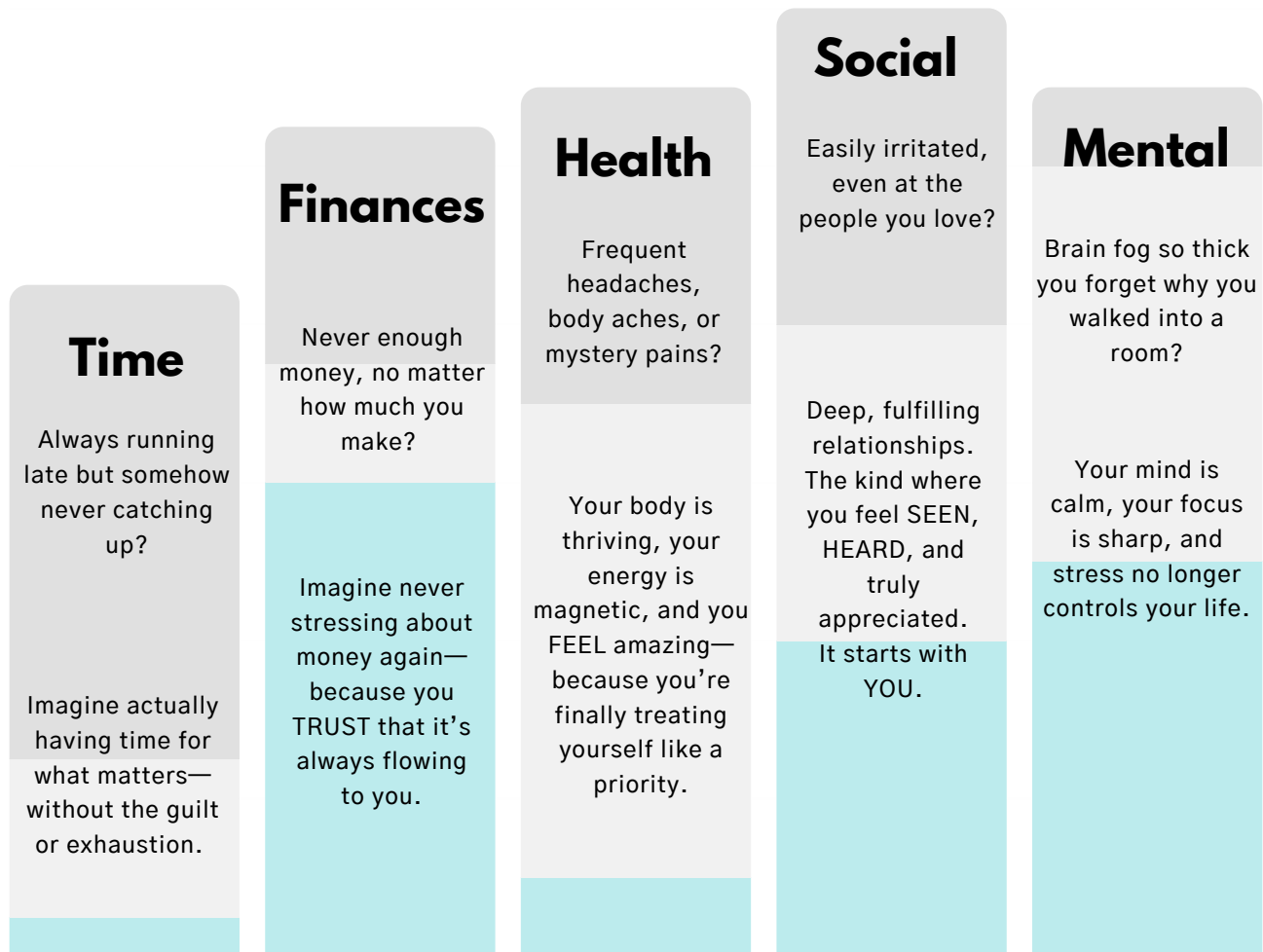
What is the most valuable thing you have?

How much is enough?

What is the #1 leading cause of death?

Are you the parent, partner, friend that you would want to have?

Who do you love the most?

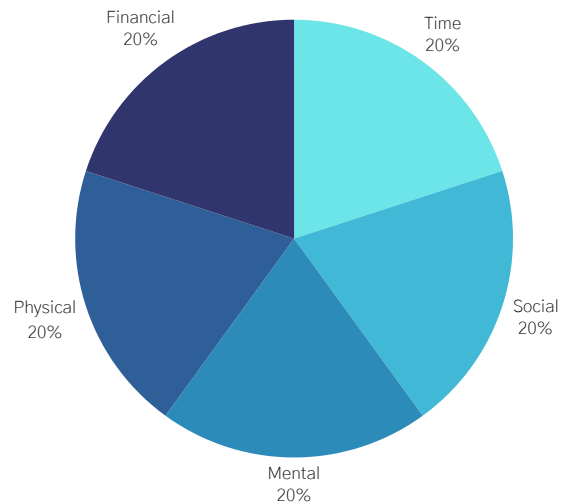


5 TYPES OF WEALTH

FIND OUT YOUR WEALTH SCORE

*Adapted from "The 5 Types of Wealth" by Sahil Bloom

To establish your Wealth Score, you take a simple quiz. There are five statements for each type of wealth; for each statement, respond with 0 (strongly disagree), 1 (disagree), 2 (neutral), 3 (agree), or 4 (strongly agree), then add up your score for each section and the total across the sections. The maximum score for each type of wealth is 20, and the maximum score overall is 100. You can and should come back and reassess your scores for tracking your improvement.



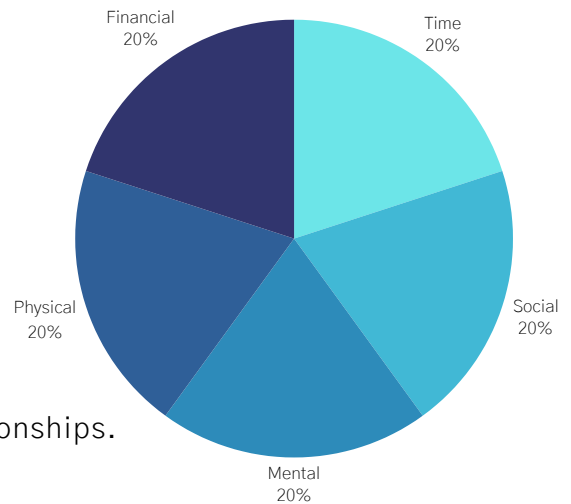
TIME WEALTH:

1. I have a deep awareness of the finite, impermanent nature of my time and its importance as my most precious asset.
2. I have a clear understanding of the two to three most important priorities in my personal and professional lives.
3. I am able to consistently direct attention and focus to the important priorities that I have identified.
4. I rarely feel too busy or scattered to spend time on the most important priorities.
5. I am in control of my calendar and priorities.

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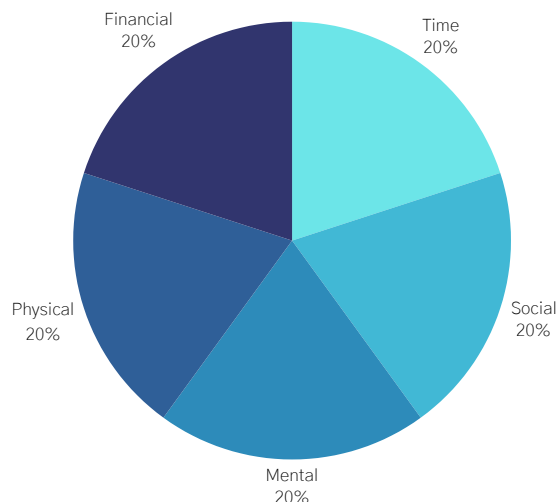
SOCIAL WEALTH:

1. I have a core set of deep, loving, supportive relationships.
2. I am consistently able to be the partner, parent, family member, and friend that I would want to have.
3. I have a network of loose relationships I can learn from and build on.
4. I have a deep feeling of connection to a community (local, regional, national, spiritual, and so on or to something bigger than myself).
5. I do not attempt to achieve status, respect, or admiration through material purchases.

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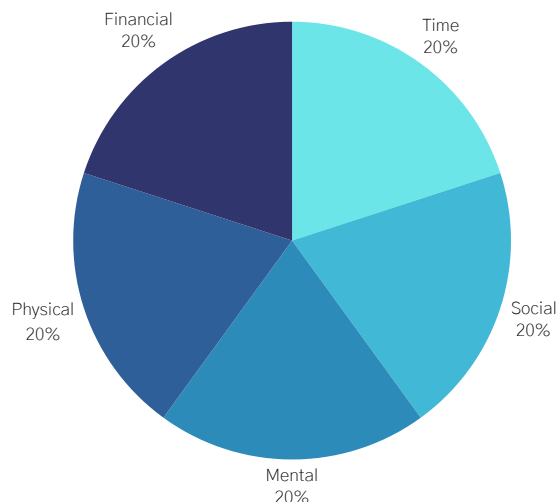
MENTAL WEALTH:

1. I regularly embrace a childlike curiosity.
2. I have a clear purpose that provides daily meaning and aligns short- and long-term decision making.
3. I pursue growth and consistently chase my full potential.
4. I have a fundamental belief that I am able to continuously change, develop, and adapt.
5. I have regular rituals that allow me to create space to think, reset, wrestle with questions, and recharge.

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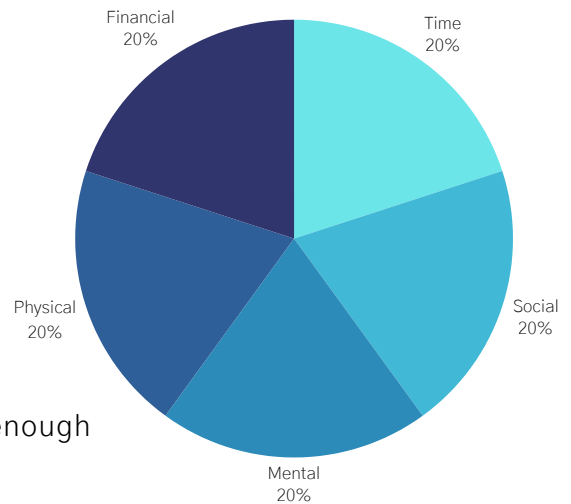
PHYSICAL WEALTH:

1. I feel strong, healthy, and vital for my age.
2. I move my body regularly through a structured routine and have an active lifestyle.
3. I eat primarily whole, unprocessed foods.
4. I sleep seven or more hours per night on a regular basis and feel rested and recovered.
5. I have a clear plan in place to allow me to physically thrive into my later years.

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FINANCIAL WEALTH:

1. I have a clear definition of what it means to have enough financially.
2. I have income that is steadily growing alongside my skills and expertise.
3. I manage my monthly expenses so that they are reliably below my income.
4. I have a clear process for investing excess monthly income for long-term compounding.
5. I use my financial wealth as a tool to build other types of wealth.

3 PART SYSTEM



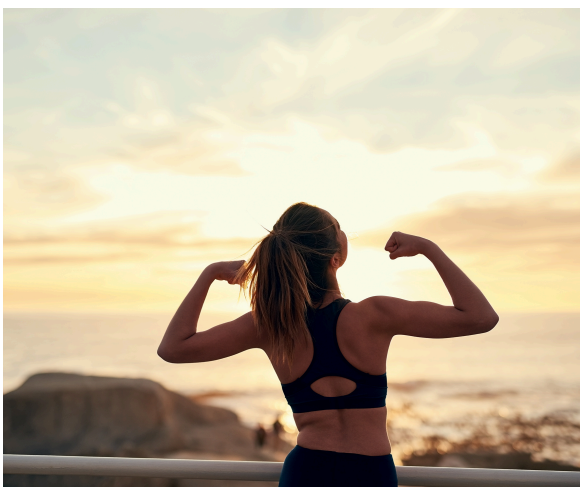
Awareness

Self Discovery
Implementation
Accountability
Vulnerability



Consistency

Confidence
Integrity
Self Care
Boundaries



Freedom

New Habits
Lifestyle
Positive Mindset
Opportunities

FIRST STEPS TO TAKE

SELF AWARENESS

Self awareness, asking yourself those questions of what are my current habits, thought patterns, beliefs?

GRATITUDE PRACTICE

Start a daily gratitude practice, being thankful & grateful for everything that you already have in your life. This opens your heart and mind to more possibilities of more abundance to come in!

VISION CASTING

This is where you think about what you want in your life. But most importantly, how do you want to FEEL. Once you start getting an idea, you will be surprised that it's not really the fancy things that you want, its the feeling you get when you have them. And how can we achieve that same feeling through yourself?

TAKE ACTION


Once you know what it is that you want, take actionable steps to get you there. Don't try to do it all at once, as this will lead to overwhelm. Small, attainable steps – remember, consistency is key. Keeping promises to yourself is the key component, you're building trust and a relationship with yourself.



*This is your space to dream
reflect, and plan.
Get ready to create a vision for a life
you can't wait to live.*



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