



WHY HEALTH PRACTITIONERS BURN-OUT:

The 6 Obstacles To Stress Management

WORKBOOK

With

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Hey there. I'm looking forward to connecting with you soon!

This masterclass will give you insight into what it takes to be a more mindful health practitioner and leave behind all the stress of your practice, to have a more balanced life.

I'll be sharing some truths and MANY strategies that I've seen work for my clients and me. Hearing their stories while learning the strategies I'm going to teach you will give you the momentum you need to make some bold moves in your life!

To get the most from this **masterclass**, here are three helpful suggestions:

SHOW UP LIVE

If you make the time to show up live, you'll get more from the masterclass experience and gain the clarity you need to make BIG strides in your life. Plus we're going to have a lot of fun together, so mark your calendar now!

PRINT THIS WORKBOOK

Print this workbook in advance and use it during our time together to stay fully engaged and take notes on the actions you want to implement quickly.

I've specifically given you just a few hints throughout this workbook as to what we'll be covering. Once we're on the live masterclass together, you'll be able to fill in the blanks as well as answer the questions. No need to fill in the blanks now - I'll walk you through all the details soon!

JOT DOWN YOUR QUESTIONS

To get things started a little early, what questions would you like me to answer? (Since we'll be together in real-time, I'll be answering a BUNCH of questions at the end.) Think of your questions in advance and write it down!

What are your professional goals at this time?

What is your #1 personal goal at this time & what is the 1 action item you implement daily to get one step closer to that goal?

Who do you want to become?

TRUTH #1

It's never too late to _____, and _____.

TRUTH #2

Everything is _____.

TRUTH #3

Everything is _____ regardless of _____.

IDEAS & INSIGHTS:

OBSTACLE #1

IDEAS & INSIGHTS...

ACTION STEP #1 _____ & _____

What is your proactive decision?

What do you do that's unique to you?

OBSTACLE # 2

No _____ to get you to _____.

It's never too late to _____, and _____.

ACTION STEP #2

Make a key _____.

The 3 Key Words Are:

Based on what you've learned about the first two action steps & the 3 key words you need to pay attention to, which skills do you need, in your life, and IN YOUR PRACTICE, RIGHT NOW, to create a shift to move beyond where you're at now?

OBSTACLE #3

WHAT'S REALLY HAPPENING ON THE INSIDE?

ACTION STEP #3 _____ & _____

What is your proactive decision?

What are the top two negative thoughts you need to be more aware of?

1. _____
2. _____

In what ways can you relate to my own chaos?

IDEAS & INSIGHTS:

Know what your _____ are doing for you, and get _____ on the _____ to _____.

FOUL MOOD, _____.

OBSTACLE #4

What sort of advice have you been given related to this obstacle? What resources have you accessed that no longer serve you?

ACTION STEP #4

Which strengths might you play up here?

1. _____
2. _____
3. _____

The Thriving 10%

have: _____
—

Which of these three are you strong at?

1. _____
2. _____

IDEAS & INSIGHTS:

SATORI's 5-STEP PROCESS

1. _____
2. _____
3. _____
4. _____
5. _____

Which part of the 5-step process might you be strongest at?

Which part of the 5-step process do you need help with?

OBSTACLE #5:

Are you _____ too _____?

ACTION STEP #5 Get a _____ in place.

OBSTACLE #6

ACTION STEP #6 _____

What are your trouble spots right now?
