

Do you want to go from...

Burnout  Bliss?

Do this page first. Then watch the video:

The biggest problem I'm struggling with right now:

Teaching wouldn't be a problem for me if...

How I feel about teaching:

My greatest strengths:

Things I've already tried in order to find bliss:

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1. Get Clarity:

2. 100% Responsibility:

3. Identify Intentional Results:

4. Develop A Belief Plan:

5. Take Action From the Mindset of Your Future Self:

6. Utilize Coaching:

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1:1 Call Pre-Work: Do a thought download on your current feelings about teaching and a problem you are having. If the problem is recurring or thematic, try to write down exactly what happened in one instance. When you set up your 1:1 call with me, I will walk you through a model that I use in all of my coaching and we'll need to establish clarity together at the start.