



volume 1

BURNOUT to BADASS

Eléa's stress conquering method for getting
your life back when work burns you out.

ELÉA FAUCHERON

you are your greatest obstacle

embracing this is your first step

” Eléa has tackled one of life's toughest obstacles, burnout. Burnout isn't something you see coming up in the distance like a Spartan wall or barbed wire crawl. Burnout is more like unannounced and unexpected dehydration. You start to feel like you are running on fumes, and the most confusing part is that you have been drinking water all along. Eléa's MOVE THINK SMILE approach to recovering from burnout is both highly effective and something us type-A, hard-charger personalities can stick with. Let's face it... recovery isn't exactly our strong suit.

STEPHANIE SIRACO

Navy Nuclear Engineer turned Fitness Entrepreneur, Obstacle Crushing BadAss appearing on: Spartan Ultimate Team Challenge (NBC), Steve Austin's Broken Skull Challenge (CMT), American Ninja Warrior (NBC) & Tough Mudder X (CBS)

” As a nurse and paramedic I have been given the selfless opportunity to help others through times of illness. I made those who were sick smile and offered inspiration to others on many levels. That's what Eléa has done here, in such an eloquent and inspiring down to earth way. She inspires us to conquer that feeling of, "I'm Done. I can't do this anymore!" For me, that was the death of my mother and the depression that followed. When you get knocked down, DON'T GIVE UP! Life is an obstacle course testing your mental grit.

Whether it be in your professional, personal or fitness life, Eléa really faces the hard truth of being burnt out and overwhelmed. It's not always apparent when you are going through life's obstacle course, but in this book you can really understand the signs and what you can do to get yourself out of the deep dark hole we have dug for ourselves.

ORLA WALSH

RN-BSN, EMT/Paramedic, Spartan Race Professional Team, Obstacle Crushing BadAss Featured On: Spartan Ultimate Team Challenge (NBC), Steve Austin's Broken Skull Challenge (CMT)



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For Ordering & Information

And, to reach the BadAsses who put this whole thing together, email us at:
B2B@MoveThinkSmile.com

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THANK YOU,

for joining the MOVE THINK SMILE tribe!

I've prepared a few BadAss extras to help speed your BurnOut recovery.

They're included with your book.

Find them @

MoveThinkSmile.com/B2Btools

Dear Stressed Reader,

Stop now! Sure, this book is quite clever, mostly because of the drawings, but I am certain it's probably not something you should read. It really takes too much time. And, you'll be asked lots of questions. And, you'll be required to think. Ugh...why?

Besides don't you have something better to do? Like eat muffins, drink coffee, and be morbidly forlorn? Not to mention you have 99 problems to solve by midnight. And if you can't knock this book out in a couple of sittings you might as well not do it at all. Likewise, there are a lot of people who need your time right now, and good people put the needs of others ahead of their own.

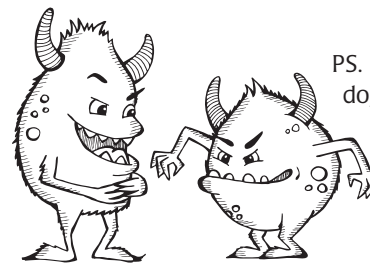
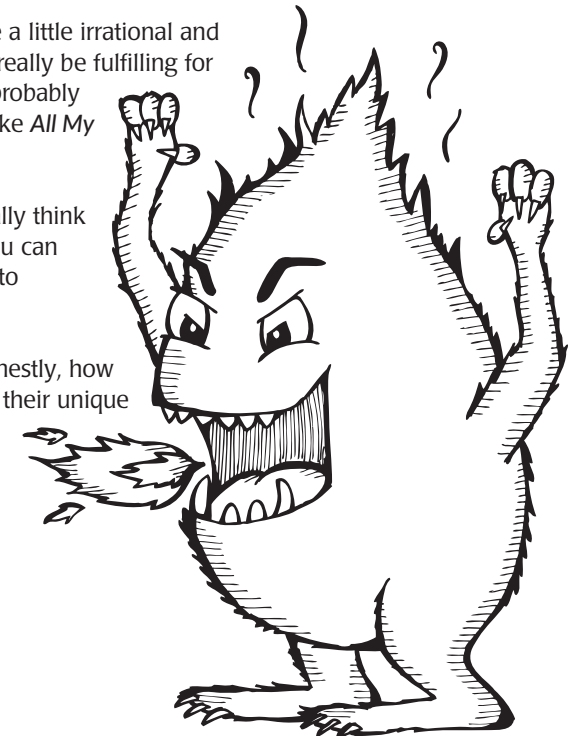
I wouldn't normally say this, but this author can be a little irrational and sloppy at times. Which makes me wonder if it will really be fulfilling for you. There are a lot of other books, ones that are probably more exciting or shorter that you could invest in (like *All My Friends Are Dead* or *What's Your Poo Telling You?*)

Frankly, you're not that BurnOut. I mean, if you really think about it, all you need to do is work more. Then, you can control things so they will go your way. This leads to happiness. See, problem solved!

Just let it go. BurnOut will take care of itself . . . honestly, how could you not believe us? Moreover, everyone has their unique disadvantages, why bother trying to change what can't be changed. I suggest staying where you are, it's safer.

Yours Truly,

The BurnOut Beast & His Villains



PS. If you can't bare to read further but you need something useless to do, check out MoveThinkSmile.com/B2Btools and sift through some resources. That should squelch any further curiosity. If for some reason you do proceed, then download Eléa's workbook. That way you can log your silly answers, but just remember... **I warned you!**

contents

	Foreword	XIII
M1	Why We Do More But Live Less	1
M2	To Start, You Must First STOP	43
M3	Romancing The Fridge	69
M4	Corrupted Success Mechanism	97
M5	Heavy Gorillas	125
M6	Emotional Jungle	149
M7	May The Ear be With You	173
M8	This Is Your Brain On Buttons	199
M9	Unplug, And Hug A Tree	227
M10	Tame Time	241
M11	AHA!	267
M12	It's Absurd, Be BadAss Anyways	289
M13	"F" Words	321
M14	Unseen Support	347
	Acknowledgments	373
	Citations	377

foreword

What is **MOVE THINK SMILE?**

Is it a mantra, technique, negotiator, command, path, method, lifestyle, reward, rule, badge or dare?

For Eléa and I, it's become all of the above.

In the past couple years, MOVE THINK SMILE has become our mantra. I have been lucky and dumb enough to battle roughly 1,800 obstacles in about 60 Obstacle Course Races covering around 420 miles. My real fortune is that Eléa has chosen to do most of these with me.

People never ask us "Why?" we do the whole obstacle thing. Nor, "Why?" we kiteboard, ride motorcycles or drive around in a giant veggie oil powered truck. Yet, most of them look at us in a way that tells me they think we're nuts. That look is usually followed by: "How do you do it? That's BadAss!" Those are the people who know there's more to life. That something is missing.

The interesting thing is, when we invite these people to join us on one of those nature hikes with carnival rides, most decline. Why? Because obstacles are scary. We see them as tortuous things that should just as well be avoided. Our brains believe the only thing that's going to get crushed is: me.

Personally, what I'm really afraid of is Embracing The Suck. Obstacles are unknown. They feel gnarly. And, it's a lot easier to just keep doing what I've been doing than to take on something that looks like it's gonna hurt.

To this day, I'm still learning an ancient law: OBSTACLES ARE THE PATH. They are launching pads for success. Not just the grueling ones you'll find at a Spartan Race. All obstacles. Like the one keeping you in the job you hate. Or, the one that's slowly killing you because of the food you eat.

Science shows your body needs stress to survive. We've been given the free will in choosing which stress we expose ourselves to: good or bad. If you stay in a relationship you secretly loath, you're choosing bad stress. If you know the food you eat is crap, you are choosing bad stress. If you stay inside most of your life sitting on your ass, you're choosing bad stress.

Choosing good over bad stress is an obstacle we face constantly. And, it's a hard one. We've become so efficient at dealing with bad stress, the concept of introducing something good means interrupting our habit and the path of least resistance. Hence, our brains put up force fields. MOVE THINK SMILE is the negotiator that will lower those shields.

The problem is, many forget the brain is a living organ. It can only produce the good stuff when it's healthy. Being made of organic tissue, your brain works best when you're physically vigorous. Your body is healthiest when you move it outside, recharging the human battery doing fun things in nature. Putting your health first is like printing money. MOVE THINK SMILE is the technique we use to max out brain power.

We strongly feel obstacles, both physical & mental, are forms of good stress. And, consciously making the choice to conquer them improves your life. MOVE THINK SMILE is a command we'll give each other when we notice a freak-out coming on.

Eléa is weirdly interesting, amazingly smart, strong, healthy and beautiful. It's what attracts people to her. I'm lucky she keeps me around. Her influence helps me from in-toxing beyond the point of no return.

It's been more than 2-years since Eléa started developing her *BurnOut to BadAss* course. It was never a business plan, it's always been part of her own MOVE THINK SMILE path.

Even though many think she's got strange habits (i.e. leaves parties early to sleep, eating bizarre shit that makes her feel good, moving the moment she wakes up, a superhero sense of her environment, giving, gratitude, etc.), they still ask: "How? How does she do it?" This book is Eléa's stress conquering method to live good, feel good & look good. It's how she crushes life's obstacles.

Obstacles. Nature. Health. This is the simplest way to explain MOVE THINK SMILE.

It quickly wakes the brain, creates a new connection and shows us what we're capable of. For Eléa and I, conquering physical obstacles simply works. They might for you, too. They might not. Regardless, MOVE THINK SMILE isn't about fitness or Obstacle Course Racing, it's a lifestyle for living *A Course in Obstacles*. It's realizing you have a choice, embracing the suck, and emerging with incredible life rewards.

Re-prioritize your life and put your health first. That's it. MOVE THINK SMILE is the only rule you need. If you can do this now, you're BadAss!

It's never stupid to challenge yourself. When you do, you'll discover new possibilities. You can do more than you think, especially when you're faced with those things you believe are tough. Eléa and I don't choose what happens to us, but we do choose how we react. We're amazed at how much we've accomplished, and proudly display MOVE THINK SMILE as our badge.

Do you want the next 20 years of your life to suck because you can't stop choosing bad stress over good? We don't.

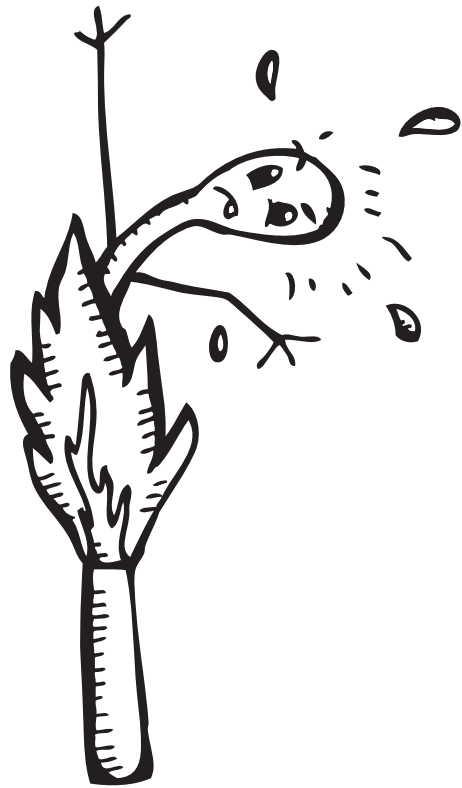
That's why we created **MOVE THINK SMILE**. And, that's why Eléa wrote this book.

I dare you to learn it.

Adam Von Ins

*Recovering Bacon Addict
Co-Founder, MOVE THINK SMILE*

WHY



MORE DO

BUT

LIVE





BURNOUT TO BADASS

Here's what you need to know: BurnOut is not a reflection of your worth, commitment, or skill. BurnOut is temporary. However, at the moment, I'm sure it feels like it will never end. I know you're tired of the struggle. The sleepless nights, overwhelm, confusion, anxiety, exhaustion, and the constant feeling of being ineffective. You want your life back; you want to feel great again. And you will, because you're taking action to get your health back. You will crush the stressful obstacles in your path. Because you're not here to suffer; you're here to create one BadAss reality.

I'm Eléa, an Obstacle Specialist on crushing stress. Specifically, work BurnOut. A digging in the dirt kind of expert. A proof is in the pudding professional. The BurnOut to BadAss methods have come from my own charring experience. Here's what happened and why you need to know. . .

Life imploded when I faced a huge business debacle. It was like the universe barfed on me. A business lawsuit left me in mental, emotional, physical, and financial ruin. But the spark of BurnOut didn't start here, it began years earlier. My BurnOut ignited during the Financial Crisis of 2008, which sent my business spiraling into debt. My business partner and I worked 7 days a week for 5 years to keep our action sports retail & manufacturing businesses alive.

When we got our business back into the green. We got honest about how exhausted we were. We desperately needed time off—and not just a weekend or two, but years. BurnOut can't be fixed by a long weekend.

That's when we made a tough decision. We put our business on the market. Instead of selling out right, another company bought a majority. Thirteen months into the deal, a lawsuit was presented to us from our new partners. We sat staring at a letter accusing us of being really bad humans, the steal your kid's ice cream and toss the cat into the pool kind of people.

My heart broke. Everything felt like a disaster. I resisted the mess in every way. *Should's* and *shouldn't's* swirled in my mind and ruined my days: I shouldn't be in this situation. I should know how to fix this. This shouldn't be happening to me. I should have known better. I am certain you know this very well, but haven't realized how much you've used should as a way to berate yourself or keep your levels of output high.

When I should-ed all over myself, I wanted to punch, kick, and throw things. A physical battle was teeming within, but bar brawls didn't pique my interest and aren't my style. The boxing gym was a lure, but I needed to be outside. I did consider purchasing a couple thousand old plates from Goodwill and smashing them, but I thought I might get arrested for using plates as weapons of mass destruction—who knew what I'd do with the shards? My petrified mind created all sorts of nightmare scenarios: I will be financially ruined forever! I will become a bag lady, a lonely, dirty, especially sad—even among other bag ladies—lady. I'm sure you've created some nightmare scenarios of your own. Don't fall for their sad stories.

What I realized was that no matter how much you attempt to manage, fix, or change some situations, there are simply times when you must ride out the storm. Period.

The chronic stress of a year spent in legal troubles pushed my already fragile body into full blown nuclear war—I became very physically ill. I didn't know what to do. My desperation, my need to control what I couldn't, was maddening. I was running—more like limping as quickly as I could—in

MOVE THINK SMILE

M1 WHY WE DO MORE BUT LIVE LESS

circles. Nauseous, dizzy, quaking, weighed down, and utterly exhausted, I visited a Doc in a Box. I walked in absolutely prepared to hear I had the zombie flu or a rare infection. It turned out it wasn't the flu. The doctor looked at me and kindly said, *"Nothing appears to be wrong with you. My diagnosis is that you are depressed."*

Shocked. I sat there. What kind of infection is that? Jokingly asking myself while tears rolled down my cheeks. Depressed? Was I depressed? Swine flu would have been better. I decided to see a few specialists. The last doctor I visited looked at me and asked the obvious question, *"How are your stress levels?"* I choked back the tears, *"They are kind of high, but I'm handling it fine. I'm doing everything I can to manage it."* Then I nodded, crossed my arms, and gave her a huge smile.

She likely imagined me as the incredible hulk right before he transforms. My eyes twitching, muscles firing, fingers gripping, face contorting, legs tensing. *"I'm fine!"* Then a button flies off my shirt and hits the wall across the room, completely blowing my cover. *"Honey,"* she said, *"your body is physically manifesting stress."* The conclusion was stress-induced illness—aka BurnOut, which often includes anxiety and depression. I was avoiding the obvious: my life was a mess and now my body was, too. If you've struggled with debilitating physical symptoms this story will sound all too familiar.

Avoiding, rather than sounding the alarm, is a skill many high achievers hone to perfection. Our circuitry has an interesting way of operating, when upset we often bypass feelings and head straight to *I'm fine*. It's a great way to save time, but it gets us into trouble. While we're busy engaging in bad coping techniques, our bodies hit the fire alarm and plant us not so gently on the ground.

“Just as we develop our physical muscles through overcoming opposition, such as lifting weights, we develop our character muscles by overcoming challenges and adversity.” **STEPHEN COVEY**

While the legal troubles were the external trigger that tipped me into full blown BurnOut, there were pre-existing behaviors and thoughts that fueled the spark. BurnOut creeps in while you're hopelessly wrapped up in getting stuff done for the sake of, you guessed it, getting stuff done. For that short-lived accomplishment high, addicted to busy leads to doing more but living less. *I can handle this*, we think to ourselves, as we say *yes* to taking on more. But in fact, we may be poorly maintaining. We don't notice what is happening until the physical symptoms keep us from working.

Here is the odd thing: many who experience BurnOut aren't always in a miserable career. I find most people equate BurnOut with a bad job. In my case, I loved my business and the people within and around it. This fact can make BurnOut even more uncomfortable, especially when you've taken on the persona of super hero impervious to work kryptonite. A five-letter word pops up: **shame**. You ask yourself, *I've got it good, how could I be burnt out? It doesn't make sense. What was wrong with me? Am I ungrateful? A fraud? Useless?* If these questions sound familiar, then you've been down a similar path.



The BurnOut label feels like failure. For me the fear was that the entire world, all 7 billion people, with their 14 billion eyeballs would use their 70 billion fingers to send gossipy texts about my inadequacies. BurnOut happens only to people who hate their jobs, an uneducated part of me thought. This is an example of how our thinking deters us from seeking help. I was feeding myself BS (BurnOut Shit), a habit high achievers take on to keep themselves going when they are running on empty.

Then a life vest arrived. A very wise woman said to me:
"In order to burn out, you first have to have a burning passion."

I wanted to belt out in song. Kiss strangers. Tango in the street. It made so much sense. She was right—I was extremely passionate about my business and my sport. I wasn't a good-for-nothing, lazy, uninspired sack of rotten potatoes. I wasn't inadequate, unable to execute. I was, at worst, slightly overzealous.

“My first six years in the business were hopeless. There are a lot of times when you sit and you say ‘why am I doing this? I’ll never make it. It’s just not going to happen. I should go out and get a real job, and try to survive.’”
 —GEORGE LUCAS

Dedicated driven high achievers—aren't we required to have burning passion? Without it, I'm certain we'd never have the guts to engage in the risks we take. We have a tireless drive. And it's not just entrepreneurs like me that get hit, people in all careers get smacked down from BurnOut. Caregiving and non-profit careers now have their own BurnOut term, it's called *Compassion Fatigue*. Corporate workers call it *BrownOut*. Honestly, like me, many don't believe their passion has the power to tear them down. I was shocked by how much BurnOut leveled and revealed me. Just remember in order to BurnOut, you must possess a burning passion!

“Whatever has happened to you was also happening for you. There is no one thing that has ever happened in your life that was wasted. You were building strength, and strength times strength times strength equals power.”
 —OPRAH

Once things were resolved in our business fiasco, and both parties declared worthy enough to inhabit the earth and join the rest of society again. I began to wake up from the nightmare. I had survived. I had no idea at the time, but this was the beginning of an incredible new chapter. I made it through the worst by riding out the storm and believing the end was in sight. Now I had to take the rubble of my life and build something new.

The experience, I have since realized, doesn't make BurnOuts less than, it makes us more than. The darkest times give us the greatest strength. There's a reason you're here: it's time to walk away from chronic stress. It's time to go from charred to charged. It's time to turn your BurnOut into BadAss... Are you ready?

BURNOUT

noun ['bɜːn, -out]

1. The reduction of a fuel or substance to nothing through use of combustion.
2. Physical or mental collapse caused by overwork or stress.
3. **What it really means:** You're just *DONE*.



Herbert J. Freudenberger, an American psychologist who studied stress has been credited with coining the term BurnOut. He was intrigued by patients who would light a cigarette, and then let it sit in their hands and BurnOut without smoking it. Dr. Freudenberger was so dedicated to his work, he never took vacations and barely saw his family. One day he woke up and literally could not get out of bed. It was here that he spoke into a recorder about his own symptoms and then listened back, analyzing himself. He felt like those cigarettes that his patients just let BurnOut. Dr. Herb was the first to describe symptoms of professional exhaustion.

OBSTACLE ZONE Stressed, Or Burning Out?



Welcome! I'm Eléa, your coach. Life is a Course in Obstacles. When stress hits, are you going to hit that wall or climb over it? In these zones you'll find many insights into what obstacles are blocking you and how to conquer them. An avid Spartan racer, I get stronger by battling physical obstacles. They require using my body and brain. And, help me conquer unexpected obstacles when they pop up in my life.

To conquer the obstacle zones in this course, you'll need the workbook (download yours @ [MoveThinkSmile.com/B2Btools](https://www.movethinksmile.com/B2Btools)). It's critical you write down and log your answers! Because the only way to conquer an obstacle is to 1) figure out what it really is, and, 2) get through it.

Journaling your Obstacle Zones in the workbook forces you to remove confusion, get factual, and see just what you're battling. You'll be challenged, but you'll crush stress in each zone.



Here's How BurnOut happens over an extended period of time, which makes it easy to normalize. *This is just how my life is, we say.* But, if you take a long-term view of your life it will reveal whether you've hit a small patch of stress or whether you're experiencing more chronic BurnOut.

Conquer these in your workbook:

1. Compare your job performance now to at least 2 years ago. What do you notice?
2. How's your optimism been over time? If your optimism has taken a nose dive, take heed.
3. How would you describe life when you're stressed? When you're Burned Out?
4. What's the difference?

Stress vs. BurnOut

Diagnosing BurnOut is difficult. It's similar to adrenal fatigue and many physicians look for things like hypothyroidism, depression, anxiety, and fibromyalgia, which can cause similar symptoms. BurnOut, could also be shoved under the anxiety and depression label. But, those party poopers are only part of the BurnOut equation—definitely not the whole picture. Realistically, BurnOut could be diagnosed as *I'm over this shit*, or simply *DONE*. But they don't quite have the *je ne sais quoi* of BurnOut. In the end, BurnOut is BurnOut. And, there is a special depth to it. You know it when you hear the word. It has smoldering layers and a certain smell—unmistakably crispy, like a well-charred crème brûlée, burnt toast, or a sizzled pan.

Girl or guy, BurnOut wreaks havoc. While BurnOut is the result of unwavering chronic stress, it's not the same as short-term stress. What's the difference? Short-term stress is brief. Think car broken down, you stub your toe, a client is furious, or a bill is late. Your fight or flight (AKA the nervous system) kicks in to handle the job. And, that system is good for the short-term. Let me repeat: *Short. Term.* This part of our nervous system is not meant to be on full alarm constantly. It's designed for immediate solutions to short-term problems.

With short-term stress, people can still function—they can still be creative and solve their problems relatively easily. Stress, even a lot of it, can be handled in short increments. You have enough in your reserves to nip it in the bud.

Stress over time is chronic. It feels like a giant asteroid threatening to incinerate your brain. My doctor once said, *"It would actually be better to receive news of a friend's death than to live in stressful limbo for a year."* On its face, this seems absurd. And while the death of friend is devastating, the pain comes fast. You get to mourn. The stressful event does not continue day in and day out.

I recall often agonizing over the thought there had to be another way to manage the giant asteroid of stress. *"How in Betty's hell do people do this?"* I'd think. *"This is insane!"* And not what I'd envisioned for life in my 30's.

While most people are usually aware of being under a lot of stress, they don't always notice when BurnOut creeps in—because it does creep. It's an insidious little bugger. It happens gradually, over time. It's the classic story of a frog being boiled in a pot. It goes like this: Put a frog in a pot of boiling water and he will jump right out. But if you put a frog in a pot of cool water and slowly heat it, he won't jump out. He doesn't notice the heat because it comes on gradually. When he does, it's too late—frog soup.

When you're living with high stress for years, you're going to incinerate. Stop playing with fire unless you want to get the Cirque Du Soleil's attention. If you really want to juggle flames, take a class and stay safe.

BADASS

adjective | [bad-as]

1. The ability to turn bad stress into good.
2. Saying NO to the things that take you down.
3. Saying YES to the things that make you stronger.
4. You're looking good, feeling good & living good.
5. What happens when you learn my **MOVE THINK SMILE** method.

Going from BurnOut to BadAss is a transformation. It's shifting from one state to another. It can feel astronomically, *why did I think I could do this*, kind of hard! Changing habits, both of thought and physical nature, can feel gobbledygooky. Genes march around screaming commands. Thoughts play records. Cravings hypnotize. And our lizard brain start blowing circuits and crossing wires making it feel virtually impossible for change to take place.



WHY IS BADASS SO HARD?

Your Brain Likes To Be Lazy

Personal change, at least it appears, is one of the toughest challenges humans face. We work to transform our workaholicism, alcoholism, materialism, pluralism, and other -lism's along with eating and image disorders, political neurosis, wasteful habits, painful emotions, nail biting, and cat hoarding. Despite many who fail, we do have wonderful souls who have reached their desired change. Showing the rest of us confused minions, it's indeed possible.

So why does change feel so hard? Are we just wired the wrong way? Welcome to being human. And, the most powerful 3 pound tool in the universe: your brain and how you're wired. Here's the deal, our brains like routine because it's efficient. Any change of habit requires the brain to work, and honestly it would rather be lazy and do what it knows. Not because it's against you, but because it likes to save energy.

You're An Incredibly Efficient Machine

Whatever you do, feel, or think travels through circuits of neural networks in your brain. The more you do something—learn a language, express strong emotions, eat while watching TV, ride a bike—the stronger the connection in your brain becomes to support that action. Neurons, otherwise known as brain cells, communicate with each other at a gap, called the synapse. One neuron releases chemicals—neurotransmitters—into the synaptic space, where it's picked up by the receptors of the next neuron. There are billions of neurons in the human brain; each neuron connects up to 10,000 other neurons, resulting in trillions of synaptic connections. These interconnected neurons become the electrical communication system that underlies our habits and wires us to behave in certain ways.

Scientists agree that we have between 30,000 to 60,000 thoughts per day, the majority of which we're completely unaware. This fact makes my eyeballs feel like their melting. And it probably explains why I surprise myself by some of the choices I make.

So, what are we doing with all those thoughts? Not banking up extra credit on our electric bill, that's for sure. No, we are up to some serious busy work. We are building habits that create strong links in our neural networks. What is a neural network? It's a collection of pathways in the brain that thoughts travel down. Think of them as tree dense national parks with trails throughout. The more you experience a thought, the more pronounced and beaten down the path in the forest becomes. Over time, that path will become the easiest and fastest one to travel.

Our brains are wired and designed for efficiency. And, it's more efficient to travel a beaten path than to pull out the machete and clear a new one.

This is how thoughts that inform our habits easily become default. Sending the same thought down the beaten path absolutely requires less output of energy than literally bushwhacking a new one. Here's where it gets good. When you pull out the clippers ready to blaze a new trail and tell you brain where to go, it will listen. You absolutely have the power to map out the paths that

lead to actions you want. The not so great, it requires effort. It takes committed choice, action, and repetition to change yourself. The brain is going to hate this, and throw out withdraw symptoms. It's not easy. You may need to find a guru to master the method.

You Are What You Think

Scientists know that behaviors and habits change the structure of the brain. That kinda makes me cringe, yet gives me massive hope at the same time. From this perspective, you are what you do! The more you do something, the more you're wiring yourself to do it in the future. The sobering, pass me a cup of black coffee reality is, a habit-driven brain won't distinguish between good and problematic actions; it just repeats. The brain, is powerful. It wants muscle, efficiency, and speed.

Negativity Is Like Super Glue

Why do negative words or actions feel like they are applied to the inside of your skull with super glue, while happiness tends to slip right out?

Negativity is easy. It's attention grabbing. It's the same reason why dramatic tabloids and political smear campaigns perform better than positive ones. Big ugly shocking nasty negative things make big impacts on our brain. This is our brain's *negativity bias*: it's simply built with a greater sensitivity to the unpleasant. This came to be for a good reason—to keep us out of harm's way. Our very survival often depends on our skill at giving heightened attention to danger. And, responding to it.

John Cacioppo's, a Ph.D., at the University of Chicago, created a study that confirmed this inherent wiring. He showed people 3 different types of pictures, those known to arouse positive feelings, those certain to stir up negative feelings, and those known to produce neutral feelings. Meanwhile, he recorded electrical activity in the motherboard. The brain, Cacioppo demonstrated, reacts more strongly to stimuli it deems negative.

There are more negative emotional words (62%) than positive words (32%) in the English dictionary. Brain scientists have also found that bad news is stored into long-term memory quickly. While positive experiences need to be held in our awareness for more than 12 seconds in order for the transfer from short-term to long-term memory. Rick Hanson, Psychologist and author of *Hardwiring Happiness*, describes it in this way: *"The brain is like Velcro for negative experiences but Teflon for positive ones."*

It's easy to get discouraged when you try and don't get the results you want. But the reality is that just making the effort is, in fact, progress. Change is not an event with an exact start and stop point; it's a process. Each intentional step you make, even if it's a small one, is still worthy.

Change is hard. Change is possible. Change is about repetition. The most important piece in ensuring we become BadAss is training our minds, bodies, and spirits, so they support each other simultaneously. That's what you're learning in this course. All you need to do is make an effort, put one foot in front of the other, and learn how to train for BadAss'ness—once you do, everything gets much easier.



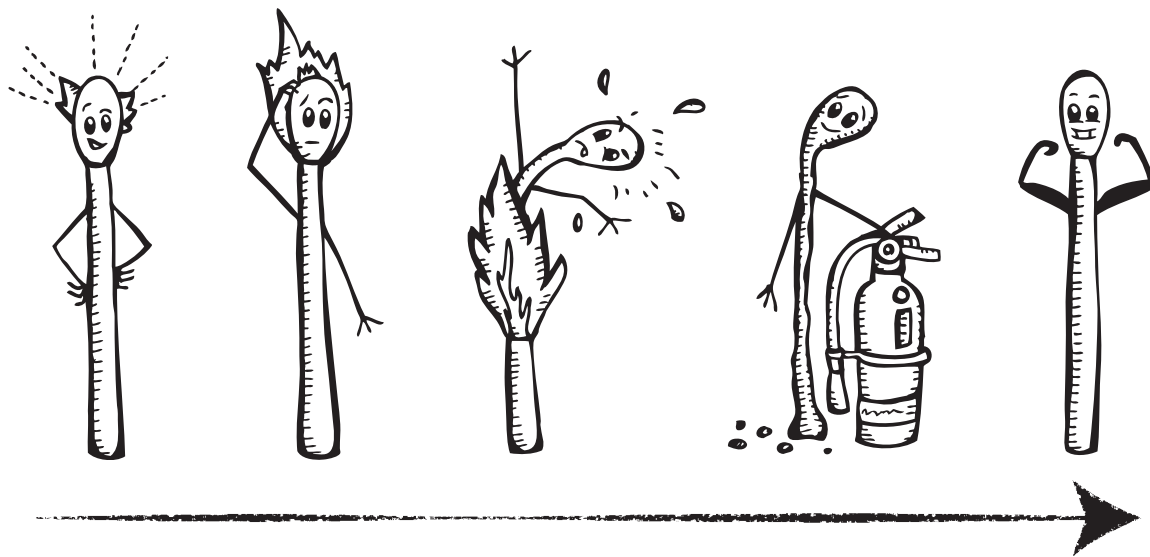
BURNOUT in-depth

BurnOut can shake our beliefs about mental, emotional, and physical health. While I was certain I was including all the key things to managing heavy stress loads—yoga, acupuncture, life coaches, spending time with animals, friends, family, eating organic food, writing mantras, sniffing rubbing and ingesting therapeutic oils, surrounding myself with magic rocks, lighting incense, taking over the counter chill out pills, tapping meridian points on my chest which made my sweetie think I was choking on something, breathing funny and slowly, chanting, drinking alkaline water and more . . .

What I realized is that doing all the right stuff to manage stress is no guarantee of keeping it from overtaking you. When you BurnOut, it's not about *managing* anymore; rather, it's about making big lifestyle changes to get back on your feet. And, the only way to cure BurnOut, is to admit you are there. Then, figure out what stage you're at.

the evolution of BURNOUT to BADASS

10



BURNOUT Evolution

When transforming from BurnOut to BadAss, you'll journey through 5 evolutionary stages. What's startling is how long you can maintain stage 1) *The Early Flicker* and how quickly you can slip, literally overnight, into 3) *The Big Burn*. It's like how it can take 12 months to build a house and 12 minutes to burn it down.

1 Early Flicker



Here, energy is normal. You may sense a few blimps on the radar screen of your physical health but these feel like nothing to worry about. You can spend 1-5 years in The Early Flicker stage of BurnOut.

2 Approaching Ignition



At this stage, your energy gets wonky. Odd physical symptoms and patterns are beginning to appear more regularly. And these become a valid cause for alert. You can hang out here from 1 to 3 years.

3 BIG Burn



Oh boy, this is when things get crazy fast! You go from good to bad with lightening speed. You've no energy, experience debilitating symptoms, and start to feel overrun with emotions. This is a very uncomfortable place to be, however you can spend 6 months or even years in The Big Burn. Some people never return from level 3; you've met them and watched them destroy their health. Maybe you've even attended a chronic BurnOut's funeral.

If you add up the time consumed by the first 3 BurnOut stages, you'll see it can take a 2 ½ year chunk, at minimum, from your life. This can be positive if it teaches you how to say NO to the things that take you down. And YES, to the things that make you stronger. That's when you can enter into the last 2 stages. They are:

4 Cool Extinguisher



Once you start to make changes and turn way from BurnOut, your energy and health will begin to show signs of rebounding. Symptoms will start to recede. A sense of hope returns to you. Healing can take 3 months to a 1 year.

5 Becoming BadAss



You're humming with maximum energy and productivity. You're optimistic and ready to take on the world again. You have unstoppable momentum!

11

Who's Most Prone To BURNOUT?

Like any proper illness there are some of us who are more prone to BurnOut than others. Here are the 3 most flammable personality types. Which one are you?

1 Lost Chieftain

You're a game changer and usually at the head of a company. You have big ideas that lead to big risk. You're driven by a desire to change a legacy. Energetic and prideful, you struggle with getting the same results over and over. To motivate your team you use high ideals, expectations, and a loose-reins attitude. This can confuse those who are following your lead. You've a strong underlying belief that your talents, knowledge, and education will change the world in some way, someday. You're optimistic but racked with the weight of trying to fix all that appears broken. You're trying to be too many things to too many people and have a lot to prove. Your BurnOut trait is working hard and not getting results, your biggest worry is always about financial crisis, but your gift is a dedication to the dream.

2 Team Blazer

You work hard and are one of the best team players, but you don't know your limits. Your biggest challenge is knowing your role and creating boundaries with others. You don't know where you stop and someone else begins. You take on the emotional baggage of a company. Often devoting your life to certain causes, careers, or relationships. You're extremely loyal. Your value doesn't seem as great unless you're accomplishing goals with or for someone else. You take on too many responsibilities, without enough help from others. The cause or career or relationship is the driving force for everything. Your BurnOut trait is not being able to turn work off, your biggest worry is losing a job, but your gift is an ability to work with anyone.

3 Supreme AWOL

You're a natural leader but are reluctant to delegate because certainly you can master your career, parenting, fashion, health, and your home all at once while looking like a sexy beast. You strive to please everyone while finding the time to cure world hunger on the weekends. You play by the rules and give endlessly. Multitasking is your greatest strength and your ultimate demise. You can't put anything down—this eventually leads to resentful passive-aggressive behavior, that helps you avoid what you actually want to be doing. Your BurnOut trait is needing control everything, your biggest worry is health issues that will hinder you from working, but your gift is being a jack of all trades.



OBSTACLE ZONE How Flammable Are You?

Take a minute to create a description of your BurnOut type in your workbook:

Are you a **Supreme AWOL**? Or maybe you're a **Lost Chieftain**? Describe where you are right now.

These are the most common working dynamics breeding BurnOut:

- No autonomy and little control over your work. Trying to fit yourself into a square peg when you are round. This isn't helping you be more productive, just squished.
- Scarcity of recognition or accolades for good work from others or even from yourself.
- Work is monotonous or unchallenging. You're totally bored and wonder if a passion for breathing is a worthy goal?
- Chaotic or high-pressure work environment. Every day you feel confused by deadlines that don't make sense and organizational meetings only cause more bewilderment.
- Confusing or overly demanding work expectations. Work starts to feel like a merry go round.
- Overworking with no time for relaxing or socializing. *I'll work till 1am again, why not, it's how you get ahead, right?*
- Being expected to be too many roles to too many people. You're the janitor, head of sales, accounting assistant, project organizer, secretary, and the lunch lady.
- Taking on too many responsibilities without regard for yourself and without enough help from others. *I can do it all, I just have to drink 6 cups of coffee and not eat for 5 hours, but I'll feel so accomplished when I'm done.*
- You have an extreme deficit of close, supportive relationships.
- You have too many cars, fire trucks, sirens, barking dogs, music, people, hubbub around you to ever get quality sleep.

Of course, there are all sorts of big red flags that will clearly point a finger to BurnOut.



Big Red Flags

When BurnOut appears, you'll start to notice some big changes in your behavior. Don't let *being too busy* be an excuse to ignore them. As the flags pop up all around you; take heed and decide to take action sooner than later. Which of these 4 Big Red Flags sound familiar:

1 Weird Excuses & Rumination Rule

While you once used to arrive early, stay late, work weekends, and obsessively worry about performance and future sales, you've suddenly started not caring.


The pipeline of weird excuses flow, and even you're surprised with yourself when you say:

- I have a toenail appointment and need to leave early.
- My cat just swallowed a button. I gotta run.
- I need to go grab a coffee (as you hurry past the pot in the break room).
- My office is dirty, I should go buy some Tupperware.

Next you might find yourself stuck in forlorn, conflicting, oddball thoughts, as you become preoccupied with how much you dislike many aspects of your work. You might find yourself fuming over little things—*If Jerry doesn't stop staying 'sooo' at the end of every comment, I'm going to scream*—but refuse to acknowledge the bigger picture. Continuously reliving little annoyances interferes with your ability to recover from the day. Rumination can lead to deranged thinking and bizarre behavior such as:

- Asking yourself 15 times, *Did I get anything done today?*, even though you're dog tired.
- Sitting at your computer, visibly marred from stress, you wonder, *does the HVAC have a leak, or did I just drool on myself?*
- You wander around the office, shirt hanging out of your pants, dragging one leg, your hands balled into fists, angrily looking for something. Where is that something? I will bite someone's head off if I don't find that something! That something was supposed to make me more productive today!

These are clear signs BurnOut is building and it's about to overwhelm you—or at the very least cause serious problems in how you feel towards others.

” *In dealing with those who are undergoing great suffering, if you feel BurnOut setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective.*  DALAI LAMA

MOVE THINK SMILE

2 Zest Has Flat Lined

You start out ready to save the world from itself: you have the vigor of a blowfish, the prowess of a sasquatch, and the determination of a camel. But the journey turns out to be a bit harder than you imagined. Supplies dwindle and you're not making adjustments, surely just over that next dune is an oasis.

BurnOut makes your once worthy goals, feel worthless. There is an overwhelming sense that you can't go on in the same mode of operation, but no other approaches are conceivable. It all feels desolate—the source of inspiration that set you on your path is gone. The incongruence between where you are and where you want to be sparks intense suffering.

Researchers Wilmar Schaufeli, Christina Maslach, and Tadeusz Marek define BurnOut as “*a negative state of physical, emotional, and mental exhaustion that's the end result of a gradual process of disillusionment. It is typically found among highly motivated individuals who work over long periods of time in situations that are emotionally demanding.*”

Callous realism, takes root in your brain, zest has flat lined. It feels like, what's the point? You begin to make exaggerated generalizations like *Everyone is unhappy no matter what I do, so why try? Why bother? I'll just get the same old boring, stinking, ugly result.* You become embittered with every action.

However, you don't even notice how much your attitude has changed, and the transformation into a snarling, surly, new but less-improved version of yourself takes its toll. All your personal and professional relationships start crumbling. You toss good partnerships and careers right off the ship

3 Things Are Uber Sucky

When BurnOut first starts ripening in your psyche, your lack of good days can seem mild and innocent. Hell, everyone has an *off day* from time to time. As bad days start to stack up, what started as a dull dissatisfaction becomes a raging river. You're disillusioned with everything and everyone. You start neglecting your health and rationalize doing things that aren't in your favor.

This day sucked so bad! I'm going to eat more Cheetos. In fact, I deserve a LOT of Cheetos. Thank GOD someone invented Cheetos! Ever so swiftly, you forget what it's like to actually feel good.

As you become taken away by the river of dissatisfaction, opposing statements start coming out of your mouth. You're shocked and confused by what you hear yourself say:

- Every decision I've ever made was perfect, except for all of them.
- Am I bleeding from my eyeballs? How do my eyes look? Never mind, I'm fine.
- Yes, I adore them, I'll call them back (just run me over first.) My life sucks!
- I need to take better care of myself. Until then where's the chocolate, coffee, and the horse tranquilizers?



Stephen Wright, an author who specializes in BurnOut, describes this condition aptly as a form of “deep human suffering at every level—physical, psychological, social, spiritual—which occurs when old ways of being in the world no longer work and start to disintegrate. Trans-personal BurnOut is soul sickness.” I felt that and I’ll bet you’ve felt it too—soul sickness, a condition Stephen describes as being stuck in mental mud.

When suffering from BurnOut, people engage in unhealthy coping strategies called *too much*—things like drinking, binge eating, biting nails, smoking, sniffing glue, being sedentary, watching TV, cleaning their hands 30 times a day, using free time to ruminate, entertaining junky unhelpful thoughts, or mindlessly eating junk food. Whatever your preference, your pain is so great that you feel compelled to do something, ANYTHING, to make it stop. Those somethings are typically very unhealthy.

Jesse Lynn Hanley, MD, coauthor of *Tired of Being Tired*, shares that “Every doctor knows that prolonged stress has negative consequences. One of these is adrenal fatigue, which comes from over stimulating the hormones that fuel high-energy behavior. Initially, it feels fabulous—you can work like Hercules, compensating for exhaustion with adrenaline, caffeine, or straight-up willpower. But eventually your high-activity hormones run low. You slow down while trying to speed up. Illness, memory loss, and accidents replace achievement.”

The relief you get with unhealthy coping skills create quick highs, that are: quick. And in the end, they leave you struggling with deeper exhaustion because they are depleting you. The cycle is difficult to break, if you aren’t willing to change tactics.

16

4 Physical Side Effects

There are hundreds of ways BurnOut will get your attention via your physical body—stress mutates uniquely in each person, so in theory, this list would never be complete—however let’s focus on the most common experiences. What do you relate to here? Highlight it, for later reference.

The Angry Insomniac

Doctors say lack of sleep—3 hours or less—means you’re operating as if you’ve been drinking profusely. In the Approaching Ignition stage, many have trouble falling asleep or staying asleep a couple nights a week. During the Big Burn, most experience insomnia which turns into a persistent, ghastly ordeal.

You spend each day exhausted, certain tonight you’ll sleep like a log. Then evening arrives, and your mind lights up like the 4th of July—thoughts, worries, ideas, play-by-plays of the day take over. As soon as your head hits the pillow, the angry little insomniac clambers on top and stomps all over you! By 3:00 a.m., you’re on the brink of sleep-deprived insanity. If fatigue were an extreme sport, you would win gold. The angry insomniac is hyper-vigilant, its job is to feed you a constant meal of outrage. Mission accomplished.

MOVE THINK SMILE

The Forgetful Professor

Lack of focus and mild forgetfulness are common in the Approaching Ignition stage of BurnOut. As time goes on, forgetfulness turns into faulty concentration, and distraction becomes very problematic. As you enter the Big Burn, you become like Sherman Klump in *The Nutty Professor*; try as you might, you can’t actually function or remember anything. It all piles up. You can’t seem to solve the tiniest dilemmas. Then you’re asking: Where are my damn car keys? Why is my wallet in the washer? What the fuck is the cat doing in the fridge?

You’re so intensely focused on the mental challenges at hand that everything other than how to survive the next 5 minutes is subconsciously deemed irrelevant and chucked off the memory shelf. You’re on the verge of losing your cool every second of the day, fight or flight is in full swing. Cortisol, stress’s favorite contribution to the art of insanity, is affecting your memory and demolishing your attention span—atom bomb style. Hair brittle, clothes wrinkled, skin dry, eyes twitching, you’re teetering on madness while drinking more coffee and saying, *I’m fine, totally fine!*

The Thing

Here you find yourself experiencing emotional outbursts while imagining a big hairy tumor is about to appear on your face. At least that’s what your mind drums up. Really, it’s just your fatigue incessantly taunting you into insanity. When you wake up in the morning, you feel unrecognizable. You don’t have much will to live, but you do your best to summon enthusiasm and kindness with dogged determination. You’re scraping by, depositing your compromised body where you think it’s supposed to be. No matter how hard you try to outrun sickness, your battle plan always comes up short because no matter what, you aren’t doing what you need to do: slowing down, cooling off and reducing stress.

17

The Hunger Game

When approaching the Big Burn stage, many find their appetites have gone off the deep end. During Early Flicker and Approaching Ignition stages, you notice tiny shifts in your hunger patterns. You may skip a few meals and think, *Cool, eating less saves time and calories!* Or you might find that your hunger is never satisfied, despite constant mouthfuls of Cheetos, Boston cream pies, and sticks of butter. In The Big Burn stage, you may lose your appetite all together and your relationship to food is abusive.

The Ferris Wheel

While in the Approaching Ignition stage, you experience mild tension, anxiety, and edginess. As The Big Burn nears, your anxiety becomes debilitating. Your senses are overloaded by sounds, lights, smells, and temperatures. If you haven’t suffered from anxiety before, you might not recognize these symptoms as anxiety. You’ll brush it off as a normal reaction to a harrowing day, then to another tough day, followed by a really bad week and a rotten month, and...you get the picture.



Then as your breathing becomes labored, you might consider whether one of your lungs has collapsed. Come to think of it, you've been seeing black spots. I've got it, you'll think, *I'M SIMPLY DYING*. In a last-ditch effort to fix everything, you speed up. Yes, it's about to get messy. You're going round and round. Susan Scott, writer and founder of *Fiercelnc.com*, asserts *"BurnOut happens, not because we're trying to solve problems but because we've been trying to solve the same problem over and over and over."*

The Black Cloud

The black cloud is sadness and hopelessness. Especially during the Approaching Ignition stage. It's like your first heartbreak, but with a little effort you can still envision a brighter future.

While the black cloud comes and goes naturally with life events, it stays over you in the Big Burn.

At its darkest, the black cloud traps you into thinking the world would be a better place if you were permitted to sit and stare at a blank wall all day, every day. When it's a lighter shade of gray, the cloud merely wants to stay home and binge on Netflix all day, every day. Living others' fictional lives is at least a way of living.

Andrea Marcum, a kick-ass yoga instructor in California, always declares *"The body never lies to us. Our pride, and mainly our egos, will lie to us all the time."* Maybe your pride is telling you that you're not depressed, feeling awful, losing interest or feeling anxious. You may be afraid of being still. Eventually, though, you'll find a feeling of being overcome by the dark cloud, and that cloud is not shaped like a bunny.

The Wrecking Ball

While the angry insomniac rules the night, the wrecking ball is your daytime friend. The more stressed you get, the more anger shows its face. Unlike anxiety and depression, there's no denying what it is. Anger demands your attention, as outbursts become more and more frequent. You start arguing over the most mundane issues at home and in the workplace. Every step you take the wrecking ball swings, watch out the walls are coming down! You're escalating into full-blown drama queen status. If you're a total people pleaser and emotional stuffer, you'll sit on your pissed-off-ness for as long as humanly possible. You'll put metaphorical duct tape on your mouth, wrap yourself in ropes, throw on a muzzle, pop a sedative or two, and toss yourself in the basement.

If you're a *tell it like it is* kind of person, things could get really bad. Yes, speaking up can be good. But if you're unphased by others and disconnected from your compassion, you'll cast your misery on everyone. See someone happy? You'll do whatever you can, rather unconsciously to kick their bowl of Cheerios. You're suffering, so everyone else should, too.

Whether you stuff it or blurt it, neither is effective, and both will eventually wreck you—from the inside out or the outside in. When you're burning out, you realize you don't really like yourself anymore. You start realizing this isn't about a bad hair day or tacos that gave you a stomach bug. You're beginning to notice how worn out you've become.

“I was proud of working 18 hours a day and sleeping three hours a night. It's something now that has turned into a problem for me: not being able to sleep... Having insomnia.” SEAN PUFFY COMBS

In America, we wear our overwork as a badge of honor. *Look at me, I'm INVINCIBLE*, until we realize we are not. There is a price to pay. BurnOut might be late, caught in traffic jam. Believe me, it is coming.

As you think about your own BurnOut, you've likely experienced many of these symptoms and feelings. You may have also had highly specific reactions to everyday things that sensitive people will probably relate to. For example, zero ability to handle any stimulants, even chocolate. Anything with caffeine makes you tremble. You may also feel intolerably edgy and uncomfortable when witnessing a parent being harsh with their child in public. And, you're not able to tolerate anything violent from movies to the evening news. You may also find yourself with place panic. Establishments packed with stuff, like grocery stores, or places with lots of harsh noise, like loud restaurants, overwhelm you.

To get a better picture of how different people experience BurnOut, I asked a few willing souls who'd hit BurnOut to describe it. Do any of these descriptors ring true for you?

“If BurnOut was a car, it would be a 1990 Fiat Tipo with no AC, no power steering, and no air bags. If it was a meal, I'd say a tasteless, well-done steak. As for an outfit, I'd say dirty, ripped jeans; shoes with holes at the tips; and no shirt at all. If it was a drink, it would be black coffee; it's there but not worth drinking.” HANS DEDERLE

“BurnOut is the collision of our belief that we must be the best—perfect, rich, and happy—with the realities of life. The result is we end up trying to please everyone (dead or living) and end up face-down in our own grief of a life passing us by. If BurnOut were a meal, it would be overcooked, mushy, white rice with no seasoning, void of flavor and lacking vitality. If BurnOut were an outfit, it would be a beige pants suit with beige flats; bland and boring and allowing you to fade into the background. If BurnOut were a car, it would be a tan Scion, barely chugging along. If BurnOut were a drink, it would be tonic water, as it's slightly bitter and bland.” LAURIE ERDMAN

“BurnOut means your work/life balance is out of whack. Attitudes become contagious and can deplete you. If BurnOut was a meal, it would be cold breakfast burritos—tasteless—followed by coffee and cigarettes or a fistful of candy. If BurnOut was a car, it would be like driving a new car off the lot without tags; it looks OK but it's not. If it was a drink, it would be Chick-fil-A diet lemonade. BurnOut feels like being numb but awake during a root canal. You feel the pressure, but you can't respond.” MINKA PARISH





OBSTACLE ZONE Paint The Picture

Take the lead on the above examples and put BurnOut into your own words. Describe the experience in your workbook.

Which in-depth BurnOut descriptors sound like you? What do they reveal? What's important about them?

how charred are you?



It's time to assess—closely, specifically, and honestly—the amount of stress in your life. BurnOut is not the flu; it doesn't go away after a few weeks. It requires radical change to cure it.

20

Accepting your BurnOut status can be tricky, especially because you know it will require significant changes. It makes sense if you want to deny BurnOut—it's like getting the flu right before a big presentation. *Who has time to be sick now? How can you possibly be burnt out when there's still so much to do!* Stopping long enough to do it will make you feel like you're throwing tear gas at yourself while screaming, *Anarchy!* But if you can say, *Yes, I'm Burnt Out*, the next steps will be much easier.

The BurnOut Test

Simply answer YES or NO to these statements. Then add up how many YES's and NO's you have. Score your results at the end.

1. I'm doing things I have absolutely no passion for.
2. I feel overwhelmed and out of control most of the time.
3. I feel like nothing I do is right anymore and want to explode in anger at everything.
4. My weight and eating patterns have recently changed dramatically.
5. I have noticed a definite change in my sleep pattern.

6. I feel like crap for no particular reason.
7. Television has become my haven, and my fantasy life.
8. I have experienced panic like physical symptoms at work or when I think of work.
9. I have trouble sleeping because I ruminate about stuff that happens during my work day.
10. I am not very sympathetic with people anymore.
11. I have a serious allergic reaction to mornings.
12. I fantasize about doing stupid things to release my tension.
13. I get really frustrated when people interrupt me while I am working alone.
14. I have a lot of compassion for people, it hinders my ability to take care of my needs.
15. I have considered leaving my career behind for a loin cloth and a mountain.
16. I feel misunderstood or unappreciated by most of the people who work with me regularly.
17. I feel isolated even though I talk to people all day.
18. I feel like a caged pacing tiger.
19. I feel like a wild boar.
20. When life gives me lemons, I squeeze them in people's eyes.
21. I feel like a porcupine.
22. I am achieving less than I should and feel I am missing something in my career.
23. Career politics and assumptions drive me nuts and decrease my productivity.
24. There is more work than can possibly be done by me and a fleet of tiny slave laborers.
25. I have to multi-task so much that my quality of work feels poor and my memory is poorer.
26. While planning would be nice, it always gets thwarted by the next *fire* I have to put out.
27. I am settling all the time.
28. I crave sugar.
29. I crave salt.
30. I crave alcohol.
31. I crave fat.
32. I'm buying piñatas in bulk, so I can beat the crap out of something then eat some candy.

21



- 33. I rarely feel rested.
- 34. I have lots of annoying physical ailments that interrupt my work methods.
- 35. When I want to relax, I set out to have a glass of wine and drink the whole damn bottle.
- 36. I don't know how to relax anymore, so I watch an entire Netflix TV series in one evening.
- 37. Before I fall asleep I am plagued by what I didn't do today.
- 38. I am good about reminding myself what I am grateful for.
- 39. I am extremely tired before getting into bed, but once I am there, my mind runs 90mph.
- 40. I hate taking tests like these.
- 41. I prefer snacks over sex.

BurnOut Test Scoring

NO = 21 or more

You're doing pretty darn well, but be sure to keep practicing self care and keep an eye on your energy levels.

YES = 0 -17

Be careful it sounds like you might be getting close to The Approaching Ignition stage. Odd physical symptoms and patterns are beginning to appear more regularly. Cause for alert is valid.

YES = 17-35

You're at severe risk of a hitting The Big Burn. The emotional exhaustion, lack of energy, physical symptoms and loss of confidence you're experiencing don't have to last. You can revamp your lifestyle with this course and the support of a coach.

The unspoken rules of the **BADASS.**

- 1** Thou shalt not give in to hopelessness. BadAsses always ask if there is another way. And therefore, always find a better way.
- 2** Thou shalt know your limits. BadAsses politely say no and yes, a lot.
- 3** Thou shalt not violate thyself to fit in. BadAsses stay true to themselves and respect others for being themselves, always.
- 4** Thou shalt not gloat, bluster, or be a jerk. A BadAss knows there is no need to prove how great they are, but they always act in great ways.
- 5** Thou shalt not indulge in drama, jealousy, or backbiting. A BadAss knows perspective is everything. And, chooses to see amazing things.



OBSTACLE ZONE How BadAss Can You Be?

To be a BadAss does not mean setbacks or shitty luck cannot find you. Being a BadAss means you take a proactive stance instead of a reactive one. It requires profound trust that the good and the bad in your life will help you become even stronger. Life is not against you.

What if you practiced the unspoken rules of the BadAss, what would you do?

- Would you sing in the shower?
- Eat crispy kale for breakfast?
- Leap from sidewalks and click your heels?
- Get your dream job?
- Forgive your father?
- Care less about the trivial things in your life?
- Solve the oceans plastic problem?
- Dress like a BadAss every day?

Write out what's possible for you in your workbook.



MOVE THINK SMILE

Eléa's Stress Conquering Method

This method boils down to one thing: Make feeling good your top priority. It's that simple. We have become too comfortable with feeling mediocre, we've forgotten how critical our health is to being BadAss. How do you put your health at the top of your To-Do list? By mastering what I created during my own personal BurnOut recovery: **MOVE THINK SMILE**. It's your quick-start method to accessing the most powerful tool in the universe: YOU.

The idea that we should reach a goal at all costs is gone. This means *Working Hard* is antiquated. Achievement is a beautiful thing, but we have become addicted to end results. We've forgotten true power lies in the journey. The health of everything around us depends on our ability to care how we feel; and then actually do things to feel as good as possible. The problem is that our bodies can withstand abuse in staggering degrees, without immediate repercussions. We just keep swimming in bad stress. UNTIL, we learn our bodies are only so resilient. When they breakdown, it happens fast.

Being mediocre and scraping through days and nights are things I refuse to do (anymore). To me, BadAss means living with as much health as possible. When you're healthy, happiness becomes automatic. It's no longer a goal. It just happens. **MOVE THINK SMILE** is how I conquer stress and turn it into a launching pad for success. I would love for you to join me on this journey. Obstacles will come, but strategy makes all the difference.

We're all on a learning path, novice and expert alike. **MOVE THINK SMILE** helps you live life fully. It's a manifesto. A commitment to finding a better way. A philosophy. A lifestyle. It's my method.

MOVE

Here's the basic logic. When you make a **MOVE**, you're taking action. When you decide to move in new ways, you begin to change your habits and rewire your brain. The way you choose to move affects your world view; the way you move affects how the world views you.

In this course, MOVE'ing your body makes you unstoppable in your BurnOut to BadAss quest.

When you move, it creates an environment ripe for BadAss rewiring. Movement stimulates the release of endorphins. These happy helpers create feelings of euphoria which of course improves mood, sleep, reduces stress and relieves anxiety. All big physical symptoms that you've had to struggle with. Chemicals released while MOVE'ing also affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells. It also gets your left and right brain interacting. Good working brain cells are key to getting your noggin back to firing on all cylinders.

MOVE THINK SMILE

Remember, our brains are wired for efficiency and it wants to take the path most traveled? MOVE'ing is the key to giving your brain, body, and mind the boost it needs to blaze a new trail through your neural network so you can create new habits or make decisions with more ease.

Moving your body also preps you physically, mentally, and emotionally to maintain momentum on your path to BadAss'dom. Ever notice how problems that seemed unsurmountable before a workout feel achievable after? Moving your body literally affects how you see your world. And when all those feel-good endorphins kick in, suddenly the world views you differently too. Hey Good-lookin'!



OBSTACLE ZONE Move It Or Lose It

Have you been stuck in the same old routine, simply going through the motions of your life? Do people wonder if you're actually a cast member from the Walking Dead? Let's check in with your body and your mind, are you moving it or losing it? Answer these in your workbook:

1. When was the last time you really enjoyed moving your body (vs. working out)?
2. What physical activity do you consider to be both mentally and physically challenging?
3. How does your body feel right now? Tight? Flexible? Slow? Amped up?
4. What do you say to yourself when you look in the mirror in the morning?
5. What's the boldest life change you've made in the last 6 months?

To cure BurnOut, you must get your blood pumping because movement helps with:

Transition

In this course, I will ask you to train in ways you don't normally. Making your body break it's habitual exercise patterns will literally help you be more comfortable with breaking habitual patterns in your life. Getting ready to change your career due to BurnOut? Try a new athletic endeavor, it will physically and mentally prepare your body and brain to become more at ease in unknown situations in.



Strategy

Combining mental and physical training is like hitting the jackpot. Repetitive training like cycling or running are associated with enhanced brain function. While movement like ballroom dancing, an activity with both physical and more complex mental demands, has a higher impact on cognitive functioning. This is why the type of training you choose can be very important for those looking to integrate different parts of the brain such as coordination, rhythm, and strategy. Will dance floor skills cross over into your daily life, absolutely, plus who doesn't love a BadAss dancer???

” I hope people start to look at their lives as the most powerful creative act they will ever offer this world. — TOM SHADYAC

Paralysis

When anxiety or depression hits, it can feel paralyzing, like you just got hit with flesh eating bacteria! These two pesky symptoms (anxiety & depression) need to be neutralized asap or they will demolish your energy and productivity. Endorphins released while moving helps to alleviate anxiety and depression dramatically. If you want to supercharge all that, get outside and move your body in nature. Doing so quickly recharges your human battery (more on this later).

Attractiveness

When you BurnOut your self-confidence takes a Rocky Balboa type beating. Regularly moving gets you back on your feet and in rhythm. Moving reminds us we are capable, strong, and more resilient than we think. Plus, regardless of weight, size, gender, or age, training quickly elevates a person's perception of attractiveness. *Mirror, mirror on the wall, who is the fairest BadAss of them all?*

Regeneration

Recent health research shows moving can create new brain cells (neurogenesis) and increases levels of a brain-derived protein (known as BDNF) in the body. Neurogenesis and BDNF are also known to support decision making, higher thinking, and learning. Getting sweaty increases production of cells in hippocampus, it's the area of the brain responsible for memory and learning. Improving overall brain performance is key in combating the fuzzy, dizzy, dehydrated, brain mudding effects of BurnOut.

Production

Modern science is proving that people who move on a regular basis are more productive and have more energy. **A heart-pumping session can boost creativity for up to 2 hours afterwards!** While busy schedules can make it even easier to skip moving, remember busy schedules don't keep us from showing up for business meetings. Moving is as critical; don't blow it off, treat it like an important meeting.

Tolerance

Whether it's a game of soccer, a group class at the gym, or a yoga session, most humans perform better when paired up with a workout buddy. Maybe it's inspiration, good old-fashioned competition, or accountability. Studies show being part of a team is so impactful, it can actually raise pain tolerances.

Sleep

BurnOut makes you triple shot wired and tearfully tired. Moving, for some, is the equivalent of a sleeping pill, even for people with insomnia. Moving around 5 to 6 hours before bedtime raises the body's core temperature. When the body temp drops back to normal a few hours later, it signals the body that it's time to sleep. More sleep most definitely makes you feel very capable and raises your brain power!

In BurnOut, we mistakenly feel the safest choice, our current routine, is the best. Remember the analogy of those paths in the forest of your mind. The reason we always go to the same routine: it's efficient. We take the same route to work, we do the same exercise, we listen to the same music, we eat the same foods, we routine ourselves constantly! The brain loves this, but this constant default to the same actions can actually make you stuck, and that sucks.

YOU ARE NOT FRAGILE! You can blaze a new path through your mental forest. While there are never guarantees, what I can say with absolute certainty is: *if you don't blaze a new trail, you won't get what you want.* Hence, why a BadAss decision to MOVE boldly is critical.

At the end of each training module, you'll find **MOVE** tools. While it's a side effect, these aren't about burning calories. The trainings are about engaging in new activities. It's time to blaze trails! This will shake up your mind and body, getting you accustomed to stepping out of your routine and ultimately conquering BurnOut.

THINK

MOVE'ing is about getting your body healthy. When your body is healthy, your brain becomes healthy. Changing the way you **THINK** becomes easier.



When you choose to **THINK** differently, you begin to change your life and rewire your brain. The way you choose to think affects your world view; the way you think affects how the world views you.

To be an energetic productive BadAss you must notice how thoughts affect you. If they make you feel depleted, lost, and helpless, you must agree to THINK different. This will enable a change in your perspective, one that energizes your unstoppable nature.

Why should you THINK different? When you're only seeing a situation from one side, you're stuck. When you're willing to think different, you look at your life from many angles and start assessing which slant gives you the best view.

I have a post-it in my office that reads "THINK responsibly!" It's my reminder to train my brain. To stop spending days, months, years erroneously believing or spending time ruminating on everything that crosses my mind. To think responsibly is to question my perception.

When I find myself in pain, stuck, frustrated, lost, or victimized, I have a choice about how I see a situation. Consciously engaging with thoughts means not getting hooked by the dramatic rampage of monkey business crossing my mind. This starts by being curious. Observe your brain. Question it before accepting or rejecting a thought.



OBSTACLE ZONE STOP Should'ing On Yourself

Science doesn't have to prove that the way we THINK affects our energy levels, productivity, and how we see not just our immediate environment but the world. When you're BurnOut, you're saying some pretty shitty things. Most of them include 2 words: *not enough*. When we feel *never enough*, nothing is ever enough. This affects how we view the world and the world views us. No matter how BadAss your new outfit is, if you're oozing *not enough* out of your ears and down your shirt, nobody's gonna want to hang out! Grab your workbook and conquer these:

1. How many *could-have, would-have, should-have, if only* thoughts or statements do you think you've had today?
2. Have you replayed a painful conversation or situation that hasn't even occurred yet? If so, approximately how many times?
3. On average, how many *what ifs* and speculations do you create when you think of the future?
4. Are you at cross-purposes with yourself - going through the motions, but not really committed to the goal, saying one thing but meaning another?
5. Do you ever make comments like *nothing ever goes right for me; everything I touch fails; I always mess up*? How often?

After you've noted the repetitions and default tendencies of your mind, ask: *How do these thoughts affect my energy levels? My productivity?*

To cure BurnOut, you must remember how tricky your thoughts can be. Observing and then training your mind is the best way to ensure your energy and productivity get what they need to be strong. Here are a few fascinating tidbits on thoughts, the brain, and perspective.

Trick or Treat

When your eyes are open, the brain is constantly tricking you. It's not evil or badgering for candy, it simply cannot deal with every single detail you're looking at. The occipital lobe, a fancy name for the visual processing center of the brain, is responsible for what you see. It has the tough job of connecting the dots with what it presumes is there. Then it fills in the blanks with presumptions. Memories are created by snapshots of important bits. When you recall the event, it guesses what happened in between based on prior experience. That's amazing and tricky!

DJ Shady

Our brain finds it very easy to create false memories, largely because it spends so much time guessing and interpreting what is happening based on past experiences and conditioning. When scientists exposed people to photo-shopped images of themselves at an event years prior, it was fascinating to note they were soon able to explain what they were doing and recall the event with clarity, even though the images were fake. That's a bit disconcerting. And yet, may explain why there are events you swear happened, but never actually did. A sobering thought and further proof we can't always trust what we think.

Skewed

Your brain is horrible at knowing the difference between what's really happening and what you're merely watching. Who gets the beating here? The body. Numerous studies show how movies elicit emotion, and then trigger chemical responses in our bodies. Which is why horror films scare people, dramas can make us cry, and porn films, er...ahem, well you know. When there is a physiological response in the body, real or otherwise, it can absolutely skew our thinking.

Break Time

The brain is quite poor at concentrating for long periods and many studies show it's best to give ourselves a break every 90 minutes or so. This sounds like blasphemy for BurnOut types. *What stop, every 90 minutes!!!! Are you kidding me????* However, it's a break, not a vacation. 5 minutes can do wonders, and it's an opportunity to stop and notice how your thinking has been. Over the last 90 minutes have you been feeling positive or negative? If you've experienced the later, then it's a great time to ask what am I believing about this? Is that thought helping me or depleting me? Then throw this candy bomb into your brain and ask: Can I know with 100% certainty, beyond a shadow of a faulty mind doubt, that what I am thinking is true?



Meditate & Mean It

Meditation, mindfulness, stillness are all words to describe something that feels quite unproductive and new-agey to go-getters. Who has time to meditate when there's so much screaming for your attention? But meditation has big payoffs. However, the subtle results make it all too easy to brush it off as ineffective, despite mounting research in its favor and large companies like Harpo, Apple, Google, Nike, and HBO promoting regular meditation for employee health. If the big guys, are doing it, the research is not only persuasive but practical to a healthy bottom line. Mediation means business and for businessman Ray Dalio, founder of hedge fund *Bridgewater Associates*, shares that "*transcendental meditation, more than any other factor*," has been the reason for the success he's had.


Toxic Epidemic

Some researchers and doctors believe that 75% to 95% of the illnesses that plague us today are a direct result of our brain's thoughts. They can't be too far off base considering the average person has some 30,000-60,000 thoughts a day. These doctors say we are in an epidemic of toxic emotions, because of our thoughts. Research shows that fear releases more than 1,400 known physical and chemical responses and activates approximately 30 different hormones. While that sucks, it's pretty BadAss what the body can do, imagine if you could change that bad stress into good?

Here's the deal, whether you believe your thoughts are powerful enough to affect your health or not, this much I know is true. When I consciously stop ruminating on thoughts that make me feel like crap, and instead shift my mindset to the positive, everything is different. What seemed impossible from one vantage point looks quite possible from another. It all depends on what I'm thinking and believing. **Beliefs do not always equal truth—they are only true because we believe them.**

One of the healthiest things I can do is question my thoughts and remember that my brain can be easily tricked or sidetracked with smells, sights, and sounds. It can run wildly down a bunny trail in an instant. When this happens, I simply have to realize what's going on and change direction.

And so, to disavow baseless thought, requires BadAss thinking. If you don't actively rein in the chaos between your ears, the pandemonium in your life will continue to thrive and superhero status will forever elude you.

” You may believe that you are responsible for what you do, but not for what you think. The truth is that you are responsible for what you think because it is only at this level that you can exercise choice. What you do comes from what you think.  A COURSE IN MIRACLES

At the end of each module, I've prepared key brain rewiring trainings: visualizations, meditation, ohmmm, and other cool stuff like saying YES to the things you dream about, and NO to the bullshit, are just a few examples. I will give you lots of options and variety—good for those who

would find stabbing themselves in the eye with a blunt carrot more enjoyable than sitting quietly. Nor will they be long, unless you choose to extend them. We will shake up your **THINK**'ing and get you seeing the world from a entirely different perspective. Hello BadAss and goodbye BurnOut!

SMILE

When people first see MOVE THINK SMILE, they assume **SMILE** is just the product of Moving boldly and Thinking better. While this is true, **SMILE** actually serves a dual purpose. It's also a rule: Love the things you do. **MOVE** in fun ways evoking passion and play. **THINK** like a BadAss, and positively believe how awesome you are.

Smiling is a choice. When you do it you change your life by rewiring your brain. Your world view improves. And, when you smile, it affects how the world views you.

Let's deploy your BadAss smile! In the constant onslaught of daily to-do's, it's easy to forget we have this day, month, or year to create an off-the-charts, spectacular, beautiful, successful, peaceful, and absolutely kick-ass life! A genuine smile reminds us we are making the best of our time here. However, when BurnOut takes up residence, smiles are few and far between. Passion, joy, and fun go on vacation.



OBSTACLE ZONE Are You Happy?

Let's get honest, how long have you been battling for happiness? Or, have you just written it off as unimportant and a waste of time? Answer the questions below from 1 to 10, where: 1 is Freaking Out, 10 is Happy.

1. How happy do you feel right now?
2. How happy did you feel last week?
3. Last month?
4. 6 months ago?
5. A year ago?
6. Next describe how your mind and body feel when you're having fun. What activities make you smile and laugh out loud? How does your outlook change when you're doing something that makes you happy?

” Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. THICH NHAT HANH

To get our happiness back, we must remember the only moment we'll ever have to create change is right *NOW!* Having fun is not a luxury, it's a necessity. One of the best ways to cultivate more smiles is to focus on your whole health, moving and thinking in ways that make you feel great, confident, and energetic. When your body feels good and your brain is productive, it's easier to choose fun stuff. Smiling combats BurnOut, gives us more energy and productivity, and makes us look damn good in our skin.

Here's why **SMILE**'ing is good for you:

Force Field

Did you know that smiling can help you live 7 years longer on average? Smiling boosts your immune system, and fights off bad stress. Since BurnOut has depleted your immunity like a black hole, it's a no brainer. Smiling is a must do!

Party Time

Participating in activities that make you smile sends neural messaging to your brain and starts up a BadAss party within your cranium. The feel-good neurotransmitters dopamine, serotonin, and endorphins are all released when a smile flashes across your face. This not only relaxes your body, but it can lower your heart rate and blood pressure. Oh yeah, endorphins are also natural pain relievers!

Don't Go Postal

Stuart Brown, the founder and president of the U.S. National Institute for Play, and author of *Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul* (2009), cataloged the detailed play histories of more than 6,000 people over the course of his career. Brown's work reveals that severely play-deprived children manifest multiple psychopathologies and that some of the most violent people had no play in their lives. Flipping that on its head, the histories of successful, creative people showed play was a vital part in healthy development. The point? All work and no play really does make Jack a dull boy and sometimes even a violent one! Don't deprive yourself, decide to play instead of going postal. Please!

Enjoy Trees

Spending time doing purposeless activities is rare and might even spark an anxiety attack. Our rigid calendars and planning don't always leave room for much spontaneity. Nor does our culture, which rewards productivity above all else. But, this productivity strategy is causing record BurnOut

numbers. A friend recently posted she felt guilty for sitting in the park for too long over lunch to enjoy the fall colors. *What?! Blasphemy, sound the alarm, grab the handcuffs, get the padded cell ready, we've got to arrest this heathen for enjoying the trees and not working!* She didn't realize doing this actually boosted her productivity, creativity, quality and. . . wait for it. . . happiness.

Be Playful

Sudoku, puzzles, riddles, board games, painting, building a fort—these are all playful activities, but most don't see them as very productive. Play is critical to our brain and social structures. Play increases neuroplasticity. No, it's not a new ingredient to make bubble gum last longer. It's more like producing mental gold. Increasing neuroplasticity basically helps your brain reorganize itself. Just like the word sounds, it makes the brain more malleable. Great neuroplasticity enhances your ability to see things from different points of view. I can't emphasize how important this is. You literally think more effectively due to increased understanding of cause and effect. Not a bad bonus from activities you might regard as unproductive. Plus, people with high neuroplasticity are also less prone to anxiety and depression, which certainly give you a lot more smiles!

Move Over Makeup

Smiles are more attractive than makeup: A research study conducted by Orbit Complete discovered that 69% of people find women more attractive when they smile than when they are wearing makeup. You're viewed as attractive, reliable, relaxed and sincere. A study published in the *Neuropsychologia Journal* reported seeing an attractive smiling face activates your orbitofrontal cortex, the region in your brain that processes sensory rewards. This suggests that when you view a person smiling, you actually feel rewarded. Mirror neurons perhaps? When you feel good, I feel good too. That's a BOGO (buy one get one free)!

I am serious about having fun. If you don't go out and start doing things that make you smile you're going to literally begin to shrivel, get shorter, gain wrinkles, and have less friends from lack of good natural chemicals. Go out and have some smiles! Having fun is not a diversion from a successful life; it's the best pathway to it. At the end of each module, you'll have **SMILE** training.

Why Is MOVE THINK SMILE So BADASS?

When you MOVE boldly, you THINK better. When you THINK better, you SMILE more. My method conquers stress. It fixes BurnOut. It's the manifesto of the BadAss. Use it. It won't let you down.

If you're going through this process alone it will be easy to skip the trainings, but I implore you with Oreos and a glass of milk to do them, or else fail miserably. Don't skip them. It's the only way to discover BadAss. Without completing each training, you won't find the superpowers you're looking for. If your resisting, remember it's like starting a new workout program. There will be days when you just don't want to, but push past the resistance. You have to - if you want to find what it's like on the other side of BurnOut!



meet yourself

Imagine deciding to go for a dream you've always had: maybe that's climbing a mountain, starting a business, or learning to ride a motorcycle. You make all necessary preparations and are totally gung-ho to start. What you don't realize however, is that along with your supplies you also have a backpack full of self-sabotage. And though your making progress, it's slow, and you keep hitting obstacles.

Looking closer, we'd see you're using what's in that backpack, but just don't realize it. These obstacles are the overly judgmental, fearful, and controlling parts of ourselves. We must learn to ID these self-defeating parts and stop their negative impact, or things get overly difficult. In contrast, we have parts of ourselves that are bold, curious, and determined. Training yourself to master both of these areas will enable you to reach your dreams and goals easier and faster. Let's take a closer look at your BurnOut VS. BadAss:

Master BADASS

Throughout the journey here, your *Master BadAss* will guide you with wisdom and insights. This is the bold, curious, and determined part of you—who has a connection to the divine, God, spirit, force, bro within, fairy godmother—however you label it, this energy lifts you up completely. Your *Master BadAss* is an obstacle expert and will assist you in conquering stress. You will exponentially increase your experience of the *Master BadAss* when you put a face to the name.

The vibe of mine is represented here in this power pose. You will discover your unique version of the *Master BadAss* in the next obstacle zone.



The BURNOUT Beast & His Villains



These nasty little stressors are habitual mind patterns, each with their own voice, beliefs, and assumptions that are driven by fear, judgments, and control. They represent negative energy, ego, panic, self-sabotage and worry.

Shirzad Chamine, a Stanford lecturer and CEO coach has done fascinating work outlining how we can conquer self-sabotage by listening to our inherent wisdom. He uses the terms Sage (Master BadAss) and Saboteurs (The BurnOut Beast & his Villains). Shirzad believes "Saboteurs are a universal phenomenon. The question is not whether you have them, but which ones you have, and how strong they are. They form the lens through which we see and react to the world, without knowing we are wearing any lens."



MOVE THINK SMILE



OBSTACLE ZONE Reveal Your Inner Beasts

Let's uncover your top Beasts, so you can be aware of their sneaky tactics. Take Shirzad Chamine's Saboteur quiz. Once you take the test you'll receive a highly thorough explanation of your Saboteurs. Find it online @ MoveThinkSmile.com/B2Btools along with your other tools.

1. List your top 3 Saboteurs (beasts) in your workbook.
2. Look at your top 3 and read the detailed descriptors that go with them. There is a section labeled *Lies*. Which lies do you relate to the most? Write them down.
3. Personify your 3 top Beasts (Saboteurs) from the quiz: If they were movie characters, what would their personalities be like? Describe them and give them names.
4. I've shown you what my BurnOut Beast looks like, now describe yours . . .

Have you ever had one of those days were the voice in your mind tells you crappy stuff all day long? Like what to worry and be upset about? Your BurnOut Beast and his Villains love for you to spend time analyzing and studying what they are saying about your fears and anxieties. That gives them energy. They love a good debate and to generate conflict in you. How do you get them to quiet down? Don't try to rationalize with them or engage with them. All you need do is realize who's talking, then don't buy into what they are saying. Don't give them the energy to build momentum in your mind.

It's important to understand BurnOut Beasts, Villains and Master BadAsses are fueled by different regions of the brain. These can be weakened or strengthened depending on which region is activated. **The amygdala** is the brain's primal region (AKA our lizard brain). It lights up when BurnOut Beasts and Villains sell you fear, which initiates the body's negative stress response. **The prefrontal cortex** is associated with higher-order brain functions and activates when accessing your Master BadAss. This secret weapon handles operations such as awareness, concentration and decision-making. Interestingly enough, studies have shown that regular stress relieving practices like meditation or mindfulness, shrink the amygdala and thickens the prefrontal cortex.

The way you get past the harrowing effects of the BurnOut Beast and his Villains is to pay attention to them less and less, tolerate them, if you will, but no longer allow them to fully distract you. This makes their voices softer. Then your Master BadAss, the voice of reason and strength, can finally be heard over the roar of the Beasts. The loving voice gets louder and the fearful voice gets quieter. You'll need to be aware these two aspects of your self while moving through this course.





OBSTACLE ZONE Meet Master BadAss

Time for a badass visualization. Have your workbook near, as I will ask questions during the process. Quietly listen for the answer. After the visualization is complete, you'll want to jot down what you heard. Use headphones if possible, and find comfortable position so you can relax. You are going to visit the most amazing place. Now close your eyes and. . . You can read it below, or download the audio version @ [MoveThinkSmile.com/B2Btools](https://www.MoveThinkSmile.com/B2Btools)

Take 5 deep breaths. Notice any tensions in your body, how does your...stomach feel? Is it in knots? How about your shoulders. Are they tight? Are your eyelids twitching or is the place between your eyebrows furrowed? Breathe into any tight places and let that tension go on an exhale.....take ten more deep breaths.

Now imagine you hear a knock on your door. Walk towards the door, open it, and notice there is the most luxurious single person plane parked right outside. Step up into to plan and sit comfortably in the plush chair. There is no need to pilot this plane, it flies itself. All you need to do is think about the most amazing place you've ever seen, it doesn't matter if you've actually been there or not. Once you have that in your mind's eye, the plane will take you there.

While the plane flies towards this place, you hear a voice over the intercom. It tells you to prepare yourself, because you are in route to meet your Master BadAss, Emby for short. Emby lives within you, is wise, courageous, full of clarity, has a great sense of humor and always sees the bigger picture. Emby also has accesses the most sophisticated GPS system in the world. Because of this, Emby knows exactly, the next best step for you, and will always reroute you if you get lost. There is another important thing you need to know. When you meet Emby, it may come to you as masculine, feminine, human or animal, with a physical form or not. There are no rules.

As you look out the window you see the place you've imagined right below you, and you hear the words: You have arrived.

You step out of the plane and look around at this incredible landscape. It is breathtaking and you feel amazing. The beauty of it is mind boggling. As your eyes scan the landscape: colors, sounds, and smells surround you. Allow this place to come alive in your mind. You are completely safe here.

As you relax into this place, you hear the sound of approaching steps behind you. You know you are about to meet Emby. . .as you turn around, they come into view.

What does Emby look like? What is it like to be in their presence? Emby asks you to take a walk and you begin to ask questions.

1. What is important for me to know about you? Listen closely to the Emby's answers.
2. What do you want for me?

3. What do I need to know about my BurnOut experience?
4. How can I connect easily with you?
5. What is your name?
6. Emby has a gift. Look at it. Receive it. Ask what should I know about this gift?

Emby gives you a big hug, a huge smile, and says "Go forth and be BadAss!" You thank Emby and board the plane. Once in you feel your whole body relax even deeper as you sit in the luxurious chair. Content, you imagine your home and the plane takes you back. You arrive, walk back through your door and take 5 deep breaths. Slowly wiggle your toes and open your eyes.

Go immediately to your workbook and write out the answers you received. Find a photo representing your Emby and place it in your Obstacle Zone Workbook.

It's important to note, BurnOut recovery takes time to transform and emerge anew. BurnOut Beasts hate that—they are impatient. They will say things like, *See, it's not working. Nothing has happened yet. It's going to be the same old story. Stop hoping.* As you move through the modules, you'll continue learning how to distinguish your Master BadAss from your BurnOut Beasts.

what it's going to take



By conquering BurnOut, you'll go from charred to charged. Trust the time it takes. Discovering BadAss requires the ability to roll with your bodies time-line. And let me be totally frank: some of the training in this course may seem ridiculous. Some may contradict each other. You may unduly sneer or get fidgety.

Sections may trigger your Beasts to throw eggs at you and scream, **WARNING: yolk incoming!** What you are doing is unimportant. It's an absolute waste of time. Stop now and seek shelter. Literally anything else would be more productive than this!

Or, you might want to stick a finger in a light socket as you wonder why you bought another self-help book. Then you'll cut the crap, see how far you've come and commit to the finish line.




I want you to know:

- I am not a certified medical doctor. Nor, a nurse or a nutritionist.
- I'm an advocate for wellbeing and listening to your body.
- I am a certified co-active life coach with extensive training in the co-active method.
- I'm not here to save you. I'm here to show you how to save yourself.
- I give you full permission NOT to believe or accept anything I say.
- All I ask, please lower your judgment gun.

I want to give you, my best tips for crushing this course!

- This work is not about good or bad. It's about ways to heal.
- Be intrigued by what makes you smile. And, what makes you cry.
- Look for themes in your *Obstacle Zone Workbook*. Highlight recurring ideas.
- Observe more: your gut feelings, intuitions, and when birds poop on your head.
- Avoid discrediting those thoughts or feelings that *pop* into your mind right off the bat.
- Contact me for personal coaching. And, squeeze every drop out of this course.
- Use the extra resources I created @ MoveThinkSmile.com/B2Btools

” You need to go from wanting to change your life to deciding to change your life. If you want to live a life you've never lived, you've got to do things you've never done.  JEN SINCERO

MOVE

Before starting each module, MOVE for 5 minutes This will help prep your brain for learning and rewiring. It will get your blood, breath, and mind moving. Examples: Go up and down your stairs, do neck and shoulder rolls, calf raises, push-ups, run in place, swing your arms side to side, jumping jacks, sun salutations, handstands, stretch, tricep dips on your chair, or lunges. It's important to get blood flowing to your brain.

Remove Distractions Turn off your cell phone, emails, and alarms.

Take Notes Highlight, dog-ear, bubblegum, pencil or sticky note sentences and concepts that make you go, *AHA!*

THINK

- Do I need help? This book is only a start. I also offer workshops and coaching.
- Agree to follow my **MOVE THINK SMILE** method.
- Make your health priority #1!
- **Journal 3 things** you specifically want to accomplish with this course.

SMILE

- 1. Admit Your BurnOut** Tell someone in your immediate family within the next 24 hours. You have to get real about where you're at.
- 2. Believe You're Worth It** Within the next 72 hours find someone you trust to be your amazing cheerleader.
- 3. Commit & Engage** Tell your cheerleader you're going to complete this course. Write a \$300 check to an organization you despise. Give it to your cheerleader for safe keeping. If you don't finish this course, let your friend send that donation in.



module 1

BADASS progress report

log your personal insights

1. How are you feeling? Don't censor yourself.
2. What sentences or parts of this module, made you go *AHA*? How can you apply them to your life in a tangible way?
3. List any questions you have from this module. You can bring these questions into the online groups.

TOP SECRET

LOCATION: **BADASS** Island

DEBRIEF: Want to turbo boost yourself from BurnOut to BadAss? Check out the covert online workshop I've developed. It's an epic, daring course in obstacles and goes beyond the strategies in this book.

You'll spend 14 weeks at BADASS Island ...a virtual top secret training facility hidden in the South Pacific specializing in turning charred remains into charged BadAsses. You'll land in the Comfort Zone for debriefing. Then you'll start your classified training in the first obstacle zone: **The Cutback Cliffs**

Imagine having unstoppable energy and being so productive and cheerful you make others suspicious! Conquer stress with elite **MOVE THINK SMILE** training.

Let me personally guide you with themed classes, group support, live coaching, direct access to me and more.

Board the next virtual flight to BadAss Island!

BOARDING PASS: Economy & First Class available:

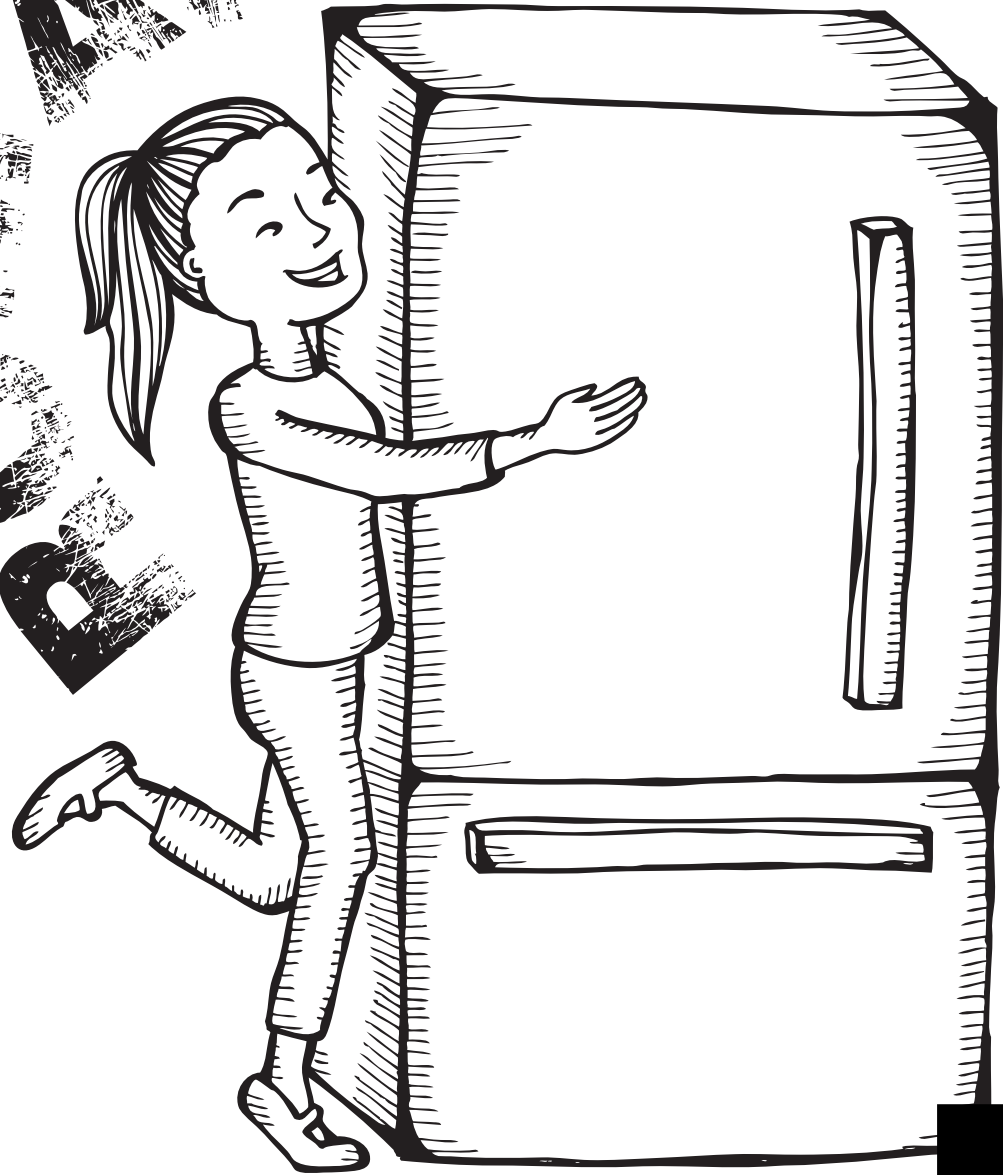
MoveThinkSmile.com/BadAssBoardingPass



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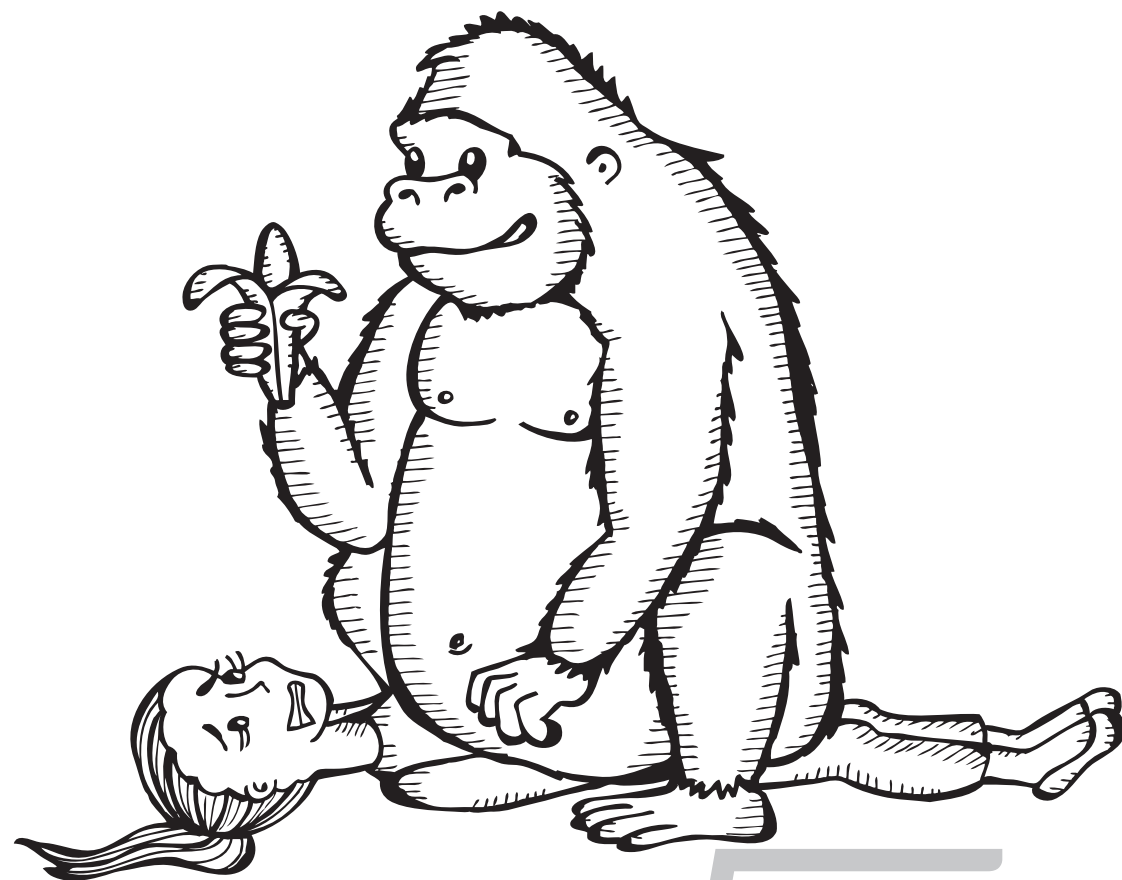
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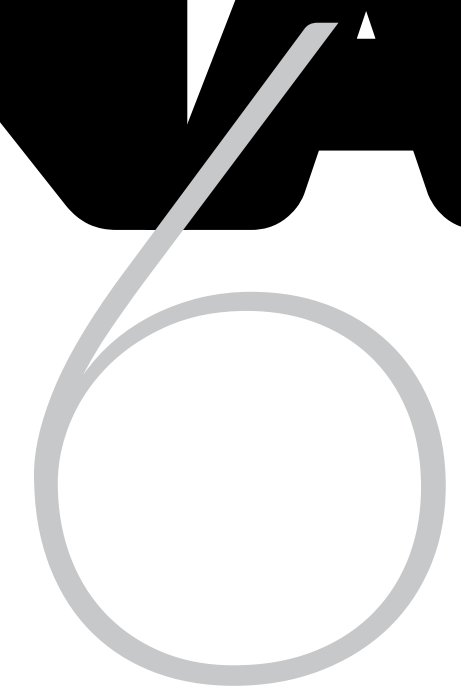
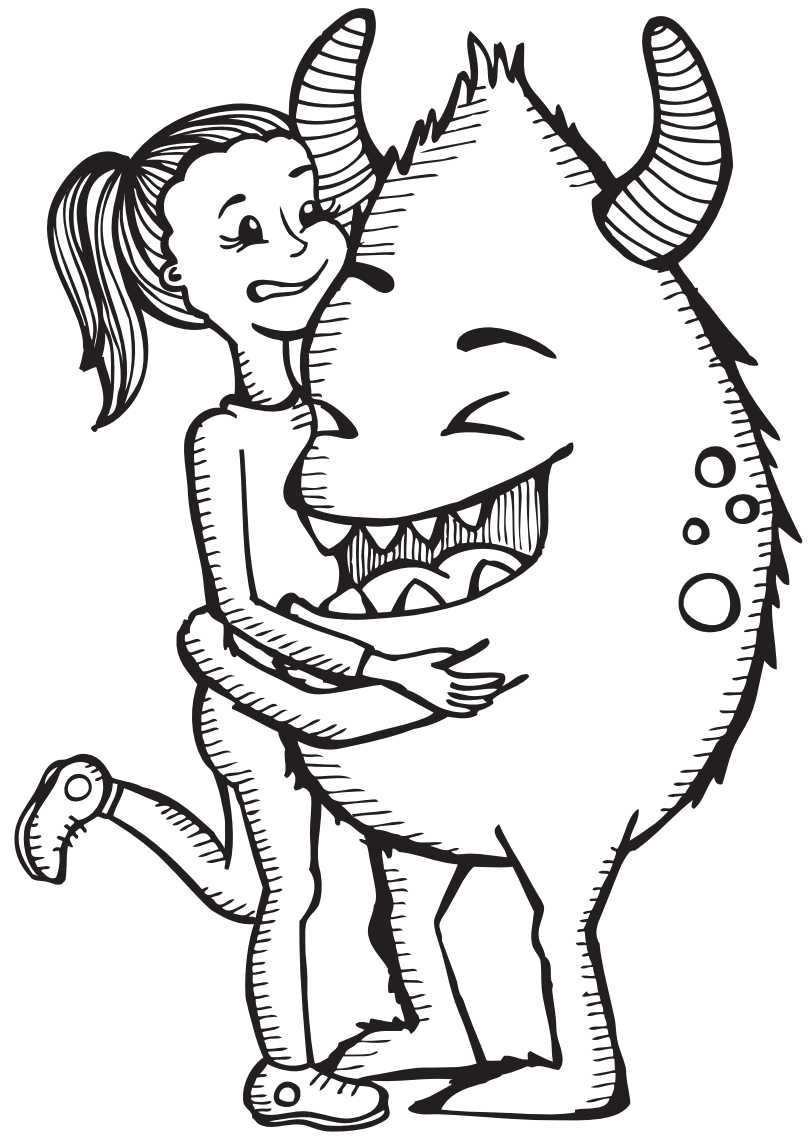
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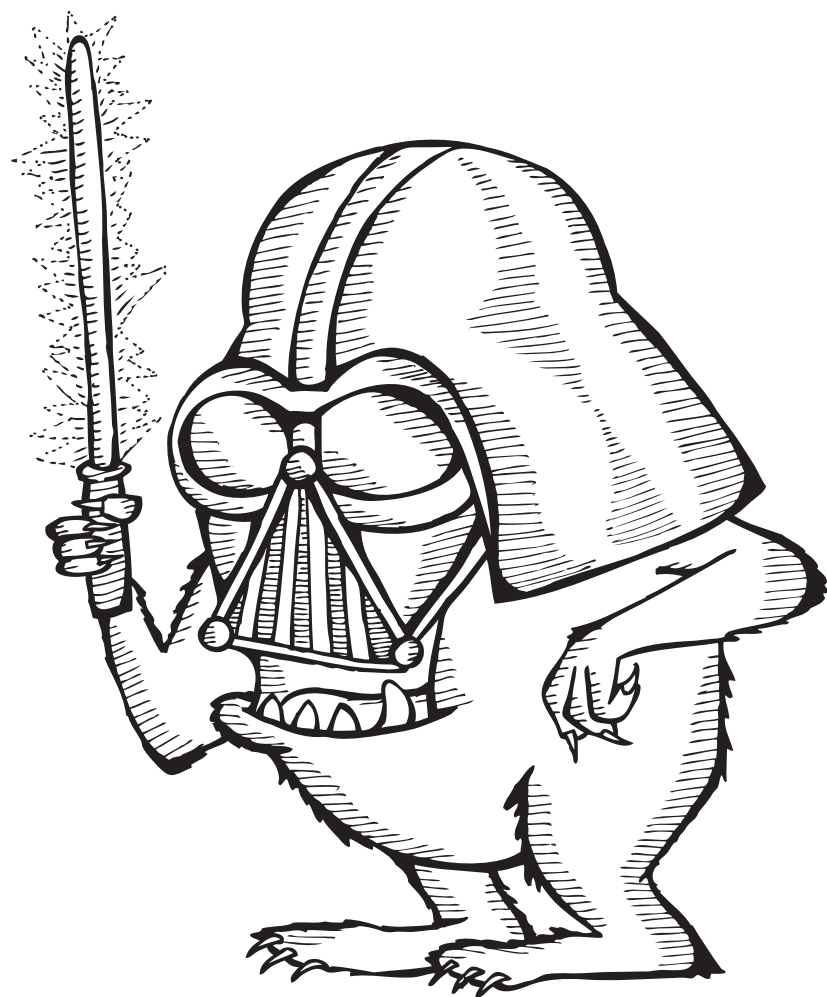
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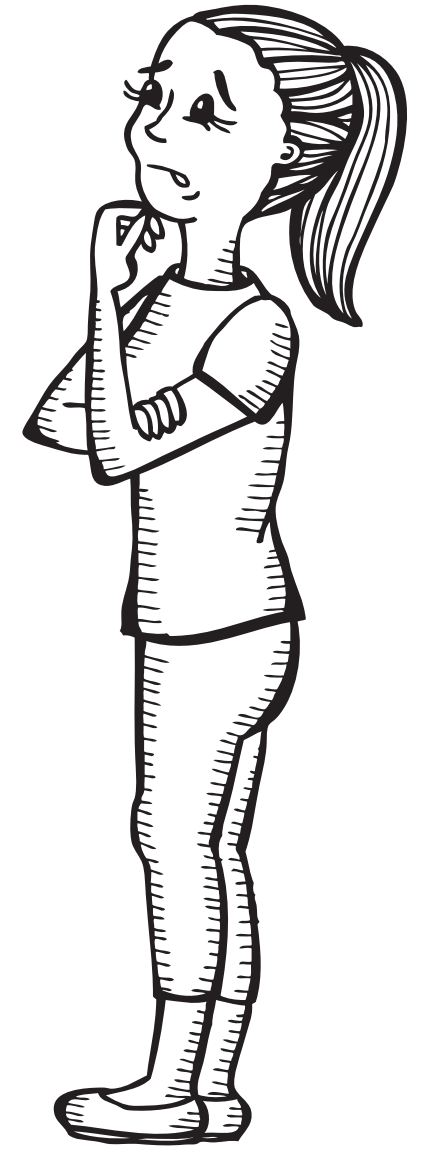
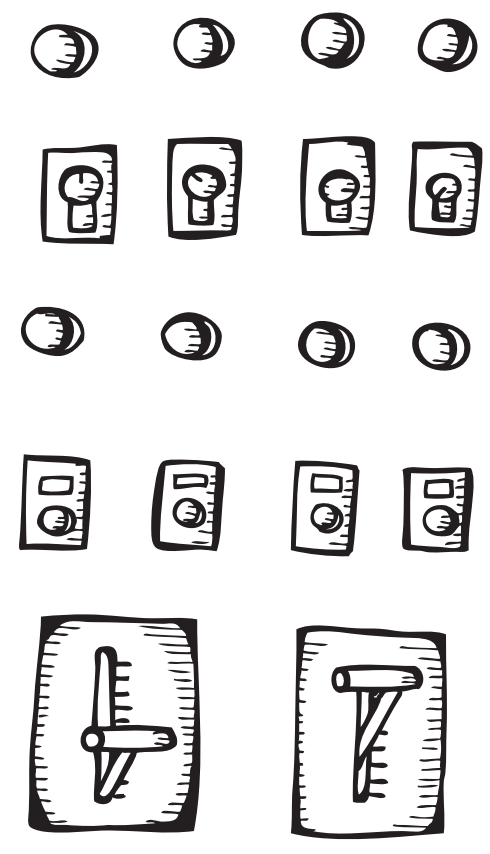
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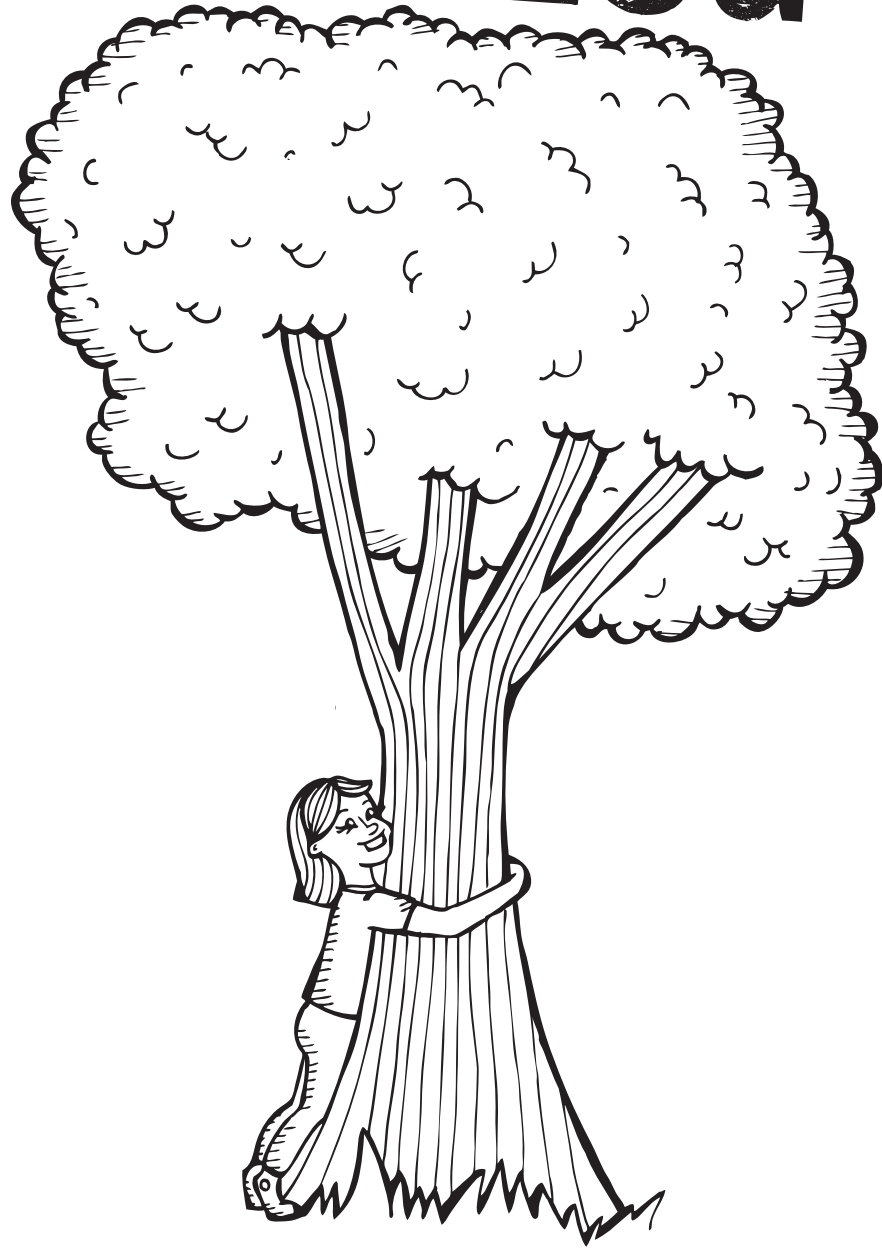
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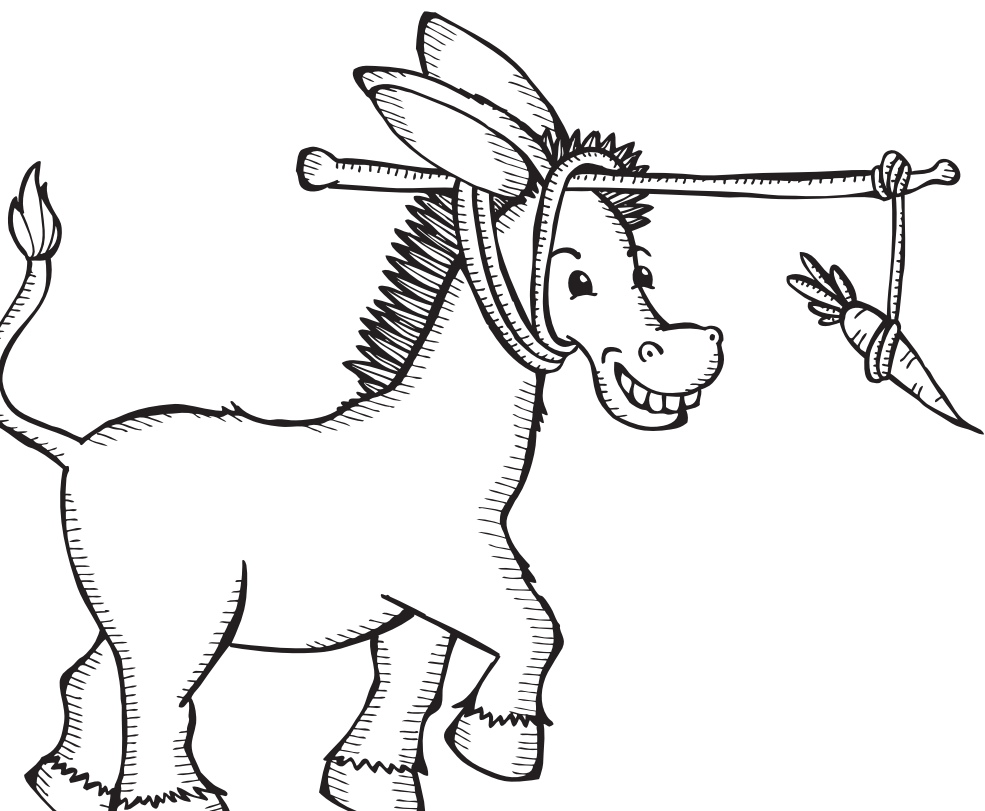


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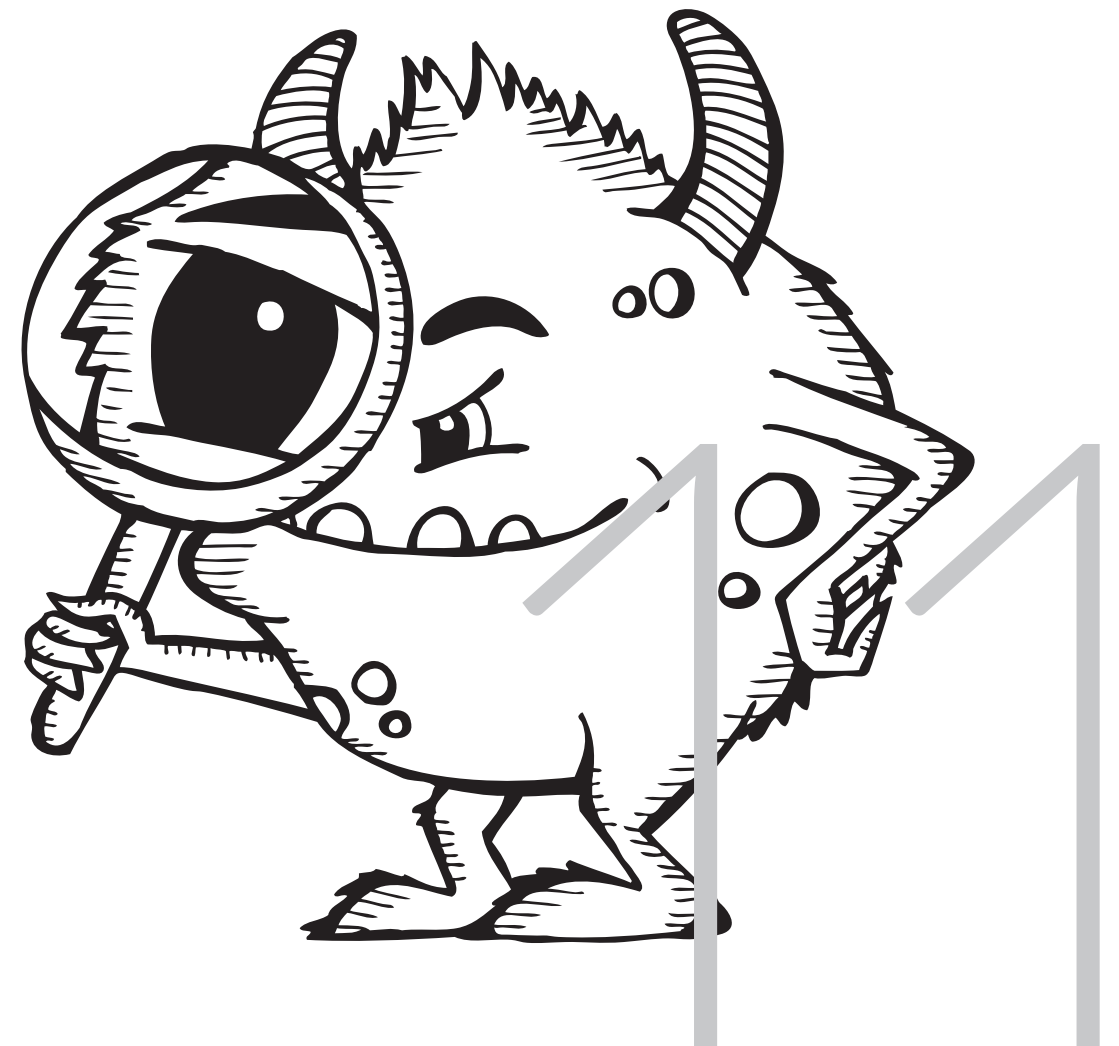
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1 ONE



aha!



BUT IT'S **ABSURD**
BADASS



ANYWAYS

12

"f" words



UNSEEN



14

SUPPORT

acknowledgments

A huge thank you to all those involved in helping me get through the worst of my physical and mental crises when *The Big Burn* showed up. Your support and listening meant the world.

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CoreExerciseSolutions.com

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CarolinaHolisticMedicine.com

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CharlestonGoodLife.com

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SpartanRace.com | StephanieSiraco.com

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about the author



Based in Charleston, SC Eléa Faucheron is a certified Co-Active life coach.

She's the founder of **MOVE THINK SMILE**, a board co-chair to the Women's Kiteboarding Collective, a kiteboarder, an obstacle course racer, and a Toastmaster ex-president.

Eléa spent 12-years co-owning retail and manufacturing businesses with her partner, Adam Von Ins, in the action sports industry where she experienced full blown BurnOut.

Eléa has written articles for: The Kiteboarder Magazine, Kiteworld Magazine, Oblique Magazine, Gaia TV and more.

Her dedication to an active healthy lifestyle has landed her feature appearances in multiple publications, including the covers of Charleston Magazine and Oblique Magazine.

She competed with Adam and their teammates in the first season of NBC's Spartan Ultimate Team Challenge. And, has most recently been featured by author Ned Brown in his coffee table book Charleston: A Good Life.

Eléa is happiest when she's outdoors spending time in nature with people she loves.

” Eléa addresses a major cause of chronic illness much overlooked by conventional medicine. She takes a very introspective look at "burnout's" root causes. The functional and organic stressors impacting your health, and your ability to perform at work and at home. In 14 modules, Eléa helps you identify BurnOut and gives you a roadmap to discovering BadAss.

Dr. JP Saleeby, MD, Carolina Holistic Medicine Founder

” So many of us are suffering BurnOut, and can't even tell what's going on, let alone find a way out. Totally exhausted, the pace of life and business is over the top. We're simply too busy and are paying the price. Eléa is leading the charge to live with exuberance through her BadAss methodology. She clearly knows the terrain so well. Trust her leadership!

Melissa Gordon, CCPC, Echelon Communicate President, Speak It Like You Mean It!™ Creator

” Working with Eléa has changed my outlook on life and work into something I'm proud of. Whether it's making a difficult change, holding me accountable or simply shifting into a more positive mindset, a conversation with her makes it happen. Her book is gold. Read it!

Dr. Sarah Ellis Duvall, PT, DPT, CPT, CNC, Core Exercise Solutions Founder

Stress. Everyone has it. Here's how to conquer it.

Even though we can land on the moon, clone sheep, and build a particle accelerator, we're constantly baffled by HOW TO remove stress from our lives. The secret: you can't. Your body needs stress to survive. The fix is turning your bad stress (BurnOut) into good stress (BadAss).



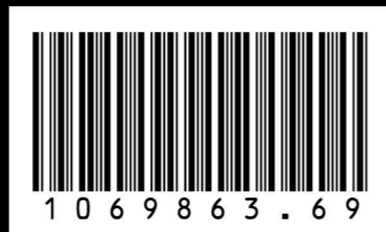
Will you hit the wall, OR climb over it?

Are you feeling crushed by stress? Do you fantasize about leaving it all behind? Are you simply: DONE? The World Health Organization names STRESS as THE 21st Century Epidemic. BurnOut crushes 3 out of 4 people. It makes you sick and poor, fast. BurnOut is a giant obstacle that hits hard. Will you get over it?

Eléa's Method!

BurnOut took Eléa down, she found her way out while battling muddy obstacles in Spartan Races. In 14 modules, you'll master her fun, stress conquering method: **MOVE THINK SMILE**. It's how to live good, feel good & look good when work burns you out! Let Eléa train you on turning stress into success (obstacle racing not required). BurnOut sucks, but recovery can be BadAss!

**MOVE
THINK
SMILE**.com



**MOVE
THINK
SMILE**

volume 1

BURNOUT to BADASS

ELÉA FAUCHERON



**MOVE
THINK
SMILE**

volume 1

BURNOUT to BADASS

Eléa's stress conquering method for getting your life back when work burns you out.

ELÉA FAUCHERON