

FROM BURNOUT TO Brilliance

ENERGETIC RECOVERY TOOLS

JOURNALING WORKBOOK

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WELCOME

Welcome, Beautiful You,

If you're here, it's because you've poured your heart, soul, and brilliance into your work—and somewhere along the way, you lost the spark. You may feel grief for what didn't unfold, regret for choices that pulled you off track, or disappointment that you're not showing up in the way you imagined.

Here's what I want you to know: **You did not do anything wrong.**

Burnout isn't proof of failure.

It's a signal that you've been working in ways that are out of alignment with your true self and natural design.

I know this journey well. I've just come out of my third burnout phase and have finally realized it doesn't have to be this way. There is another way. This is why I have created this sacred recovery process for you so you can honor the messages, and rise up again in a more natural way which you are designed for...

This workbook is a sacred pause. A chance to:

- *Honor* your grief and disappointments with compassion.
- *Restore* yourself through rest.
- *Reclaim* what matters most.
- *Reignite* your creative aliveness.

Along the way, you'll also receive your **Quantum Human Design chart** + free report, which reveals your unique map for how you are designed to create, work, and rest. As you begin to explore your design, you'll see that your path back to brilliance is not about hustling harder—it's about realignment.

This is your invitation to return home to yourself.

Take your time. Move gently. Write honestly. And remember—you are not broken. Your brilliance is still here waiting to be reclaimed in a more soul-aligned way.

With love and compassion,

Laura

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HOW TO GET YOUR FREE QUANTUM HUMAN DESIGN CHART… AND WHY

A year ago, I realized something: I was burned out.

Not because I didn't love my work—I did.

But I was trying to do business and life by following formulas, blueprints, and rules that "successful" people swore by.

Except… those maps were never designed for me.

When I discovered Quantum Human Design™, I learned that I'm a Projector (Orchestrator)—someone here to guide, not hustle. My gift isn't in constant doing. It's in seeing the big picture, recognizing patterns, and guiding others from that place of deep wisdom.

No wonder I burned out—I wasn't honoring my natural design.

That's why I've brought Quantum Human Design into my work—because I don't want you to waste precious energy trying to fit into someone else's blueprint.

✨ QHD reveals your true design—the way you're naturally meant to work, create, and thrive. It's like being handed a new compass that finally points you back home to yourself.

My clients are amazed at the relief and clarity they feel when they discover:

- Why certain things that "should" work just don't for them
- The best ways to make decisions without second-guessing
- How to know when they're in alignment vs. when they're drained
- Their natural style of work–rest–create–lead

REFLECTION FOR YOU

Where in your life or business are you still following someone else's rules—even though they don't truly work for you?

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YOUR FREE GIFT:
QUANTUM HUMAN DESIGN CHART + REPORT

Get your chart and free personalized report here:

Free Quantum Human Design Chart and Report

WANT TO GO DEEPER?

After you receive your chart, you might discover new questions—or feel the spark of recognition that there's more here for you.

That's why I offer my 90-minute Align by Design Reading.

In this private session, we'll explore:

- Your unique energy blueprint
- How you are designed to create, work, and rest
- The shifts that will bring you back into alignment with your natural brilliance

Learn more or book your session here:

Quantum Human Design Reading

REFLECTION FOR YOU

You are not broken. You're just not meant to follow someone else's map. Your design is your truth—and when you honor it, everything flows with more ease and joy.

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PHASE 1: GRIEVE

Honor what's been lost or heavy

When burnout arrives, it often brings grief, regret, and disappointment. We grieve the dreams that didn't unfold the way we hoped. We regret the times we ignored our own needs in service of "shoulds." We feel disappointment when we measure ourselves against expectations that weren't ours to begin with.

Here's the truth: **burnout doesn't mean you've failed—it means you've been living out of alignment with your natural design.**

In Quantum Human Design™, each Type has an emotional theme that shows up when we're out of alignment:

- Generators/Alchemists → **frustration**
- Manifesting Generators/Time Benders → **frustration + anger**
- Projectors/Orchestrators → **bitterness**
- Manifestors/Initiators → **anger**
- Reflectors/Calibrators → **disappointment**

These emotions are not mistakes. They're signals—reminders that something isn't aligned with your true self. In this phase, you're invited to honor and release them, to make space for your brilliance to return.

JOURNALING PROMPTS

What am I grieving that didn't turn out the way I imagined?

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What regrets or disappointments am I ready to release?

Where have I ignored my natural energy rhythm in order to “keep up” or prove myself?

What am I not saying or have kept bottled up inside while trying to do it like others say I “should?”

Which emotional theme and feelings (frustration, bitterness, anger, disappointment) have I carried—and what are they showing me about where I am out of alignment?

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CREATIVE ALIVENESS PRACTICE

HO'OPONOPONO FORGIVENESS PRAYER

Choose one situation, project, person—or even yourself—that you're ready to forgive.

Repeat the following prayer slowly, letting each line soften your heart:

I'm sorry.

Please forgive me.

Thank you.

I love you.

You can write each phrase on a page in your journal, on each page write a list of things, events, conversations, emotions that you are ready to release.

For example:

I'm sorry...
I'm sorry for feeling overwhelmed and busy
I'm sorry for not visiting every week
I'm sorry for feeling frustrated with you.
I'm sorry you are feeling bored and alone.
I'm sorry I feel so guilty and can't fix your situation.

Keep the list going and add new thoughts to it as they come up and are ready to be released.

Put one phrase on each page and keep listing thoughts and feelings until there is no more coming.

This practice clears the energetic ties of regret and disappointment, returning you to compassion and wholeness.

REMEMBER:

Grief is sacred.
By allowing yourself to feel and forgive,
you create fertile soil for what wants to bloom next.

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PHASE 2: REST

GIVE YOURSELF RADICAL PERMISSION TO PAUSE

When you're burned out, the temptation is often to push harder—to hustle your way back into flow. But true recovery doesn't come from forcing.

Rest is medicine.

In Quantum Human Design™, each Type has its own natural rhythm of energy and restoration:

- **Generators / Alchemists** → Refill through joy and satisfaction, not obligation.
- **Manifesting Generators / Time Benders** → Restore with play, pivots, and lightness.
- **Projectors / Orchestrators** → Need deep downtime, recognition, and gentleness.
- **Manifestors / Initiators** → Recharge with freedom, space, and rest before the next spark.
- **Reflectors / Calibrators** → Heal by stepping out of others' energy and into nourishing environments.

When you give yourself permission to rest in the way you are designed, your nervous system resets, your heart softens, and your creative spark begins to return.

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TAKE A FEW MINUTES TO REFLECT AND WRITE FREELY. LET YOUR BODY GUIDE YOUR ANSWERS.

What does my body most want right now?

Where do I still carry guilt about resting, or pressure to keep up?

What would rest look like if I fully trusted my natural design?

If I gave myself radical permission to stop, what would feel most restorative?

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CREATE A REST MENU

On the lines below, create a menu of ways to restore yourself. Include small, medium, and big forms of rest that feel aligned with your design.

We tend to "forget" what will restore us so make a list you can come back to as needed.

- Small (5–10 minutes):

- Medium (1–2 hours):

- Big (a day or more):

Circle 2–3 practices from your Rest Menu that you can commit to this week.

CLOSING MANTRA

Place your hand on your heart. Whisper softly:

Rest restores my brilliance.

I am allowed to pause.

I return to alignment when I honor my true rhythm.

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RECONNECT TO WHAT STILL MATTERS

After grief and rest, a quiet clarity begins to emerge. This is the time to reclaim what is true for you—your values, your desires, your natural way of working and creating.

In Quantum Human Design™, your Profile highlights your soul themes and unique genius. When you've been out of alignment, you may have set aside what's essential in order to meet expectations or "keep up."

Reclaiming is about saying: "This is mine to keep. This is mine to honor." It's about realigning with your true design and gifts and letting go of what was never yours to carry.

JOURNALING PROMPTS

TAKE A FEW MINUTES TO REFLECT AND WRITE FREELY. LET YOUR BODY GUIDE YOUR ANSWERS.

Which values feel most alive in me right now?

What parts of my SoulWork still light me up?

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Where have I abandoned myself - shoved it aside or ignored it ...thinking I can't possibly do that!" —and what am I ready to reclaim?

What boundaries or practices will protect my unique energy design going forward?

CREATIVE ALIVENESS PRACTICE

MAP YOUR ENERGY ECOSYSTEM

Draw a circle in the center of the page and write "My True Self" inside.

Around it, add words, values, or activities that feel aligned and nourishing.

On the outside edges of the page, write the things that drain you or pull you out of alignment.

Take a moment to notice:

- What belongs close to your heart?
- What needs to move farther away—or be released altogether?

Create a Release Ceremony by writing all that you want to release on a piece of paper.

Then create a way to release it - tear it up, shred it, burn it (safely!), or release it into the wild to naturally decompose. Let yourself feel the physical release.

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CLOSING MANTRA

In releasing I reclaim space and energy for what is true.

I honor my values. I am ready to align with my design.

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PHASE 4: REIGNITE

AWAKEN CREATIVE ALIVENESS AND VISION

When you've allowed yourself to grieve, rest, and reclaim what matters—you create fertile ground for something new.

This is the phase of Reigniting your creative aliveness. Not through force or hustle, but through joy, curiosity, and alignment with your natural design.

In QHD, when you live true to your Type and Authority, you return to your **Signature Energy**:

Generators → Satisfaction

Manifesting Generators → Satisfaction & Peace

Projectors → Success

Manifestors → Peace

Reflectors → Delight

This Signature Energy is your compass. When you feel it, you know you're on the right path.

JOURNALING PROMPTS

TAKE A FEW MINUTES TO REFLECT AND WRITE FREELY. LET YOUR BODY GUIDE YOUR ANSWERS.

What whispers of new possibilities am I hearing?

What does joy want to create through me now?

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If I trusted my Type and Authority fully, what would I choose next?

What would it look like to let my next steps be guided by joy, ease, and resonance?

CREATIVE ALIVENESS PRACTICE

BRILLIANCE DECLARATION

Write a short statement or mantra that captures how you are choosing to show up now.

Examples:

“As a Projector, I reclaim my right to rest and shine when invited.”
“As a Generator, I follow joy and satisfaction.”
“As a Manifestor, I honor my rhythm and lead with peace.”

Decorate it, collage it, or design it into a visual you can place somewhere to remind you each day of what you are stepping into.

CLOSING MANTRA

My brilliance never left me.

I return to joy.

I return to possibility.

I return to my true design.

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MEET THE AUTHOR

LAURA WEST

Laura West is the founder of Joyful Business, Inc and a creative powerhouse on a mission to turn sensitivity into your greatest superpower. For over two decades, she's been guiding Highly Attuned changemakers to stop playing small and start leading with their intuition, empathy, and soul-deep creativity.

Known for her signature Dream Weaving™ method, Laura helps women transform emotional overwhelm into magnetic ideas, aligned action, and bold visibility. She's part business alchemist, part energy healer, and part creative muse—blending Co-Active Coaching, Quantum Human Design tm, EFT, Akashic Records, and trauma-informed tools to unlock your full brilliance.

She's the author of Joyful Business Guide, contributor to 5 books and national magazines and host of the Joyful Business podcast. Tune in for more if you're ready to lead with your gifts and make a positive difference in the world.



The Burnout to Brilliance workbook has been created with deep gratitude to Dr. Karen Curry Parker, founder and creator of Quantum Human Design™

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