

Your Inner Leader Re-Activation

Reset, recharge, and remember the power of self-authority, self-acceptance, love & compassion that is already in you!

1. Interrupt the Overload

- ✓ Like rebooting a frozen device, pause. Step outside, close your eyes, and take 3 slow breaths. *Overwhelm is a signal your system needs a restart – not more effort.*

2. Check Your Inner System

- ✓ Ask yourself: What's running in the background? – Stress? Pressure? or Joy? Excitement? *Finding out what's draining your energy and what is giving you energy is essential for your healthy recharge.*

3. Reconnect to Your Inner Power

- ✓ Visualize the part of you who is clear, loving, compassionate and grounded. Give it a name, symbol, or image. Make it real and memorable. *This is your internal charger – your Inner Leader always available, often forgotten.*

4. Keep the Battery Full

- ✓ Anchor the reconnection in your everyday life. Set a daily calendar pop-up: *"What does my Inner Leader say today?"* *Staying connected is easier than recovering from burnout.*