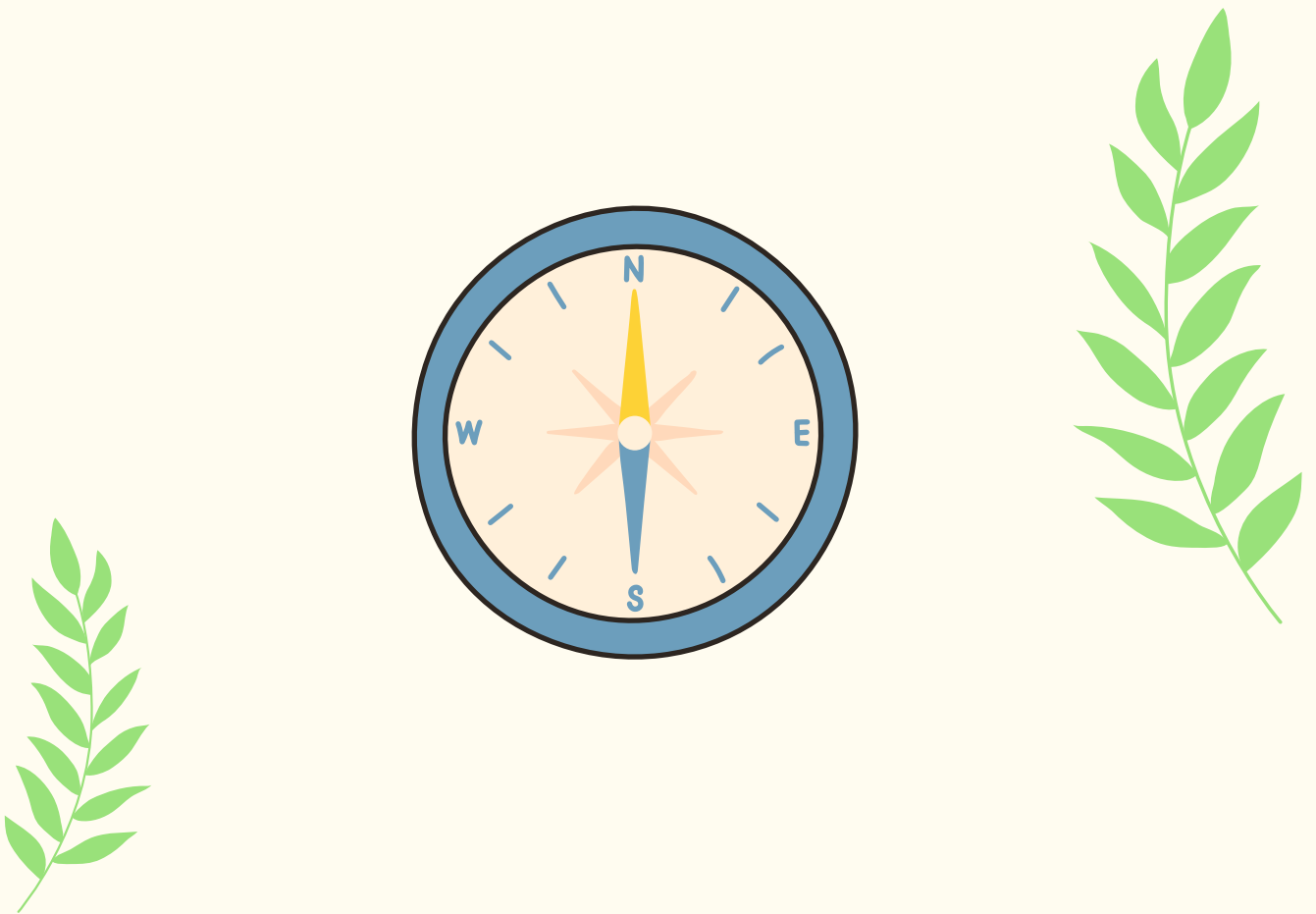


# From Burnout to Breakthrough

A Guide to Identity Reinvention



Barbara Walsh

A complimentary resource to accompany  
Being Resilient with Grit, Grace & Growth by Jay Allyson

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## STAGE ONE

# Recognize the Signals

### CHECKLIST: 6 Common Signs of Impending Burnout

- Constant Exhaustion – You wake up tired, even after a full night's sleep.
- Emotional Flatness – You feel detached from your work, like you're going through the motions.
- Dread of Daily Tasks – Even simple work feels overwhelming or irritating.
- Unhealthy Coping – Turning to food, alcohol, or scrolling as escape mechanisms.
- Loss of Joy – Activities or hobbies you once loved no longer feel appealing.
- Physical Symptoms – Headaches, stomach issues, or a constant sense of tension.



### REFLECTION QUESTIONS

- What parts of my work give me energy? What drains it?
- Am I thriving? Or just surviving?
- What would I admit to myself if I weren't afraid?
- If nothing changed in the next 12 months, how would I feel?

### ACTION PROMPT

#### Create an Energy Map

For one week, track your activities and note which tasks or interactions energise you and which deplete you. Patterns often reveal what's working—and what's not—more clearly than memory alone.

"You can't pour from an empty cup. Recognize the emptiness before it overwhelms you."

## STAGE TWO

# Release the Old Story

### CHECKLIST: 6 Signs You're Holding On Too Tightly

- Your job title feels like your identity.
- You keep telling yourself “things will get better”—but nothing changes.
- You resist slowing down—fearing what might surface if you stop.
- You stay because you've invested so much already.
- You feel boxed in—as though your past defines your future options.
- You're weighing “should” against “want”—and “should” keeps winning.



### REFLECTION QUESTIONS

- If I stepped away from my current role tomorrow, what would I miss? What would I not miss at all?
- What do I most fear losing if I let go? Is this real or an assumption?
- What passions or interests are lying buried under my career?
- What am I curious about that I haven't allowed myself to explore?
- What would I say to a close friend who was feeling the way I do now?

### ACTION PROMPT

#### Write Your “Let Go” List

List 3 beliefs, habits, or roles you're ready to release—things that no longer serve the person you're becoming.

“Letting go isn't giving up—  
it's creating space for  
what's next.”

## STAGE THREE

# Repack Your Skills

### CHECKLIST: 6 Signs You're Undervaluing Your Strengths

- You believe your skills only fit your current industry.
- You dismiss your achievements as “just part of the job.”
- You underestimate soft skills like empathy, leadership, or adaptability.
- You can't clearly articulate what makes you effective.
- You feel stuck because you can't see how your expertise transfers elsewhere.
- You're overlooking strengths others often compliment you on.

### REFLECTION QUESTIONS

- What skills do I pride myself on? How do they help me succeed professionally? And personally?
- What achievements am I most proud of? And what qualities made them possible?
- Which of my skills come so naturally to me that I almost forget they're valuable?
- What skills or talents do I wish I could use more often and develop further?
- What new thing would I love to learn about?



### ACTION PROMPT

#### Create Your Strengths Resume

Write a comprehensive “resume” listing all of your skills (hard and soft), qualities, and achievements—professionally and personally. (NB: No job titles, roles, or companies.)

“Your past is never wasted—it's the perfect foundation for your next chapter.”

## STAGE FOUR

# Redefine Success

### CHECKLIST: 6 Clues You're Ready for a New Definition of Success

- Your old goals no longer excite you—they feel like boxes to tick.
- The idea of “status” feels hollow compared to meaning and fulfilment.
- You envy people doing work that they clearly love and aligns with their values.
- You're drawn to possibilities very different to your current path—even if they feel scary.
- You dream of feeling content and energised at the end of most days—not just weekends or holidays.
- You imagine growing, learning, and evolving in ways that feel energising and exciting.

### REFLECTION QUESTIONS



- What does a fulfilling day look and feel like to me?
- What values do I want my next chapter to align with?
- How would I define success if no one else's opinion mattered?
- What would I do more of if I didn't feel limited by anything?
- What kind of impact do I want to have in the next phase of my life?

### ACTION PROMPT

#### Vision Board Your Success

Create a vision board (physical or digital) of your ideal future life. Focus on how it feels—not just achievements or things.

"Your ideal life isn't 'out there' somewhere. It's created by the choices you make every day."

## STAGE FIVE

# Take Small, Brave Steps

### CHECKLIST: 6 Signs You're Ready to Begin

- You've started exploring new ideas and researching different careers, industries, or hobbies.
- The thought of staying where you are feels heavier than the fear of change.
- You've started asking others about their journeys and noticing patterns of reinvention.
- You're willing to risk feeling a little uncomfortable to discover what's possible.
- You're drawn to learning, experimenting, and meeting new people outside your usual circles.
- You're ready to get started and build as you go, rather than waiting for ideal conditions.

### REFLECTION QUESTIONS

- Who could I talk to who's already doing something I'm curious about?
- What's the smallest possible version of my dream that I could test right now?
- Who could I talk to that might help me see possibilities I haven't considered yet?
- If I weren't afraid of failing, what would I try first?
- What fears or doubts can I set aside, just for now, to take that first step?

### ACTION PROMPT

#### Commit to One Micro-Step

Choose one small, low-risk action to explore a new direction: sign up for a workshop, attend a webinar, or have coffee with someone in that industry.

"Courage is not the absence of fear. It's taking the next step anyway."



## STAGE SIX

# Embrace Joy and Fulfilment

### CHECKLIST: 6 Signs You're Beginning to Thrive

- You feel lighter, more energised, even if your path isn't fully clear yet.
- You're starting to enjoy learning and experimenting again.
- You're noticing opportunities where you once saw dead ends.
- You feel a growing sense of purpose in what you're doing, even if it's still evolving.
- You're seeing challenges as opportunities to learn, not as signs to stop.
- You feel proud of the courage it took to start, and you're committed to keeping going.

### REFLECTION QUESTIONS

- What am I enjoying most about this new chapter?
- What qualities in me have grown stronger through this transition?
- What unexpected opportunities or relationships have come from my reinvention?
- What practices or habits help me stay connected to the joy and purpose of this next chapter?
- How do I want to continue growing from here?

### ACTION PROMPT

#### Write a Gratitude Letter

Write a letter to yourself from one year in the future, as though you have achieved your transition goals for the year.

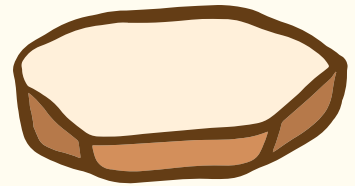
"Reinvention is not about finding a new you. Reinvention is becoming the upgraded version of the real you."



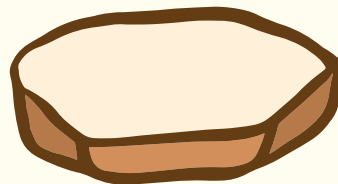
SUMMARY

# Your Reinvention Roadmap

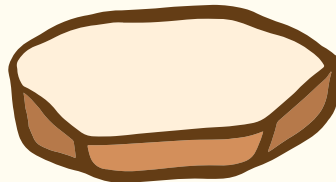
Stage 6: Embrace Joy and Fulfilment



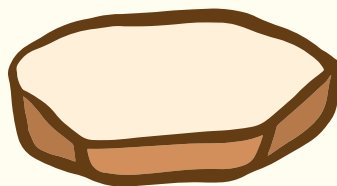
Stage 5: Take Small, Brave Steps



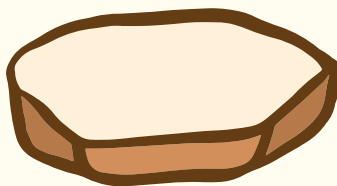
Stage 4: Redefine Success



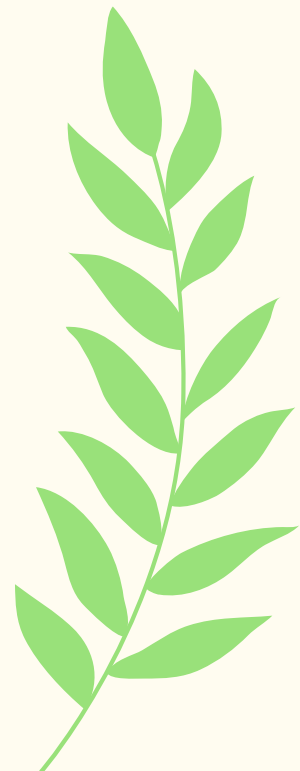
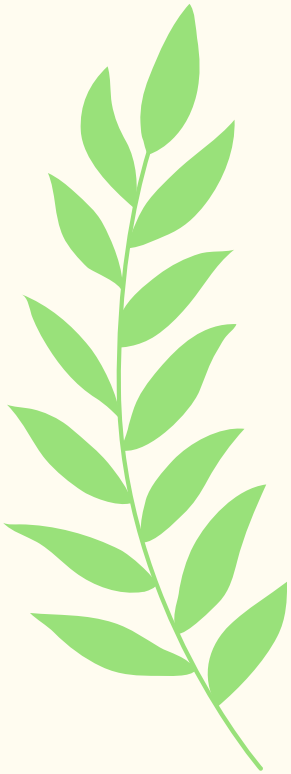
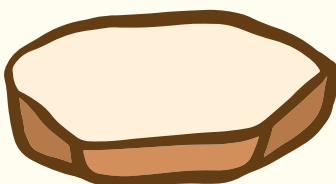
Stage 3: Repack Your Skills



Stage 2: Release the Old Story



Stage 1: Recognize the Signals





## Barbara Walsh

Barbara Walsh is a former executive and team coach who partnered with leaders to grow their confidence and capability in complex environments. After experiencing her own moment of burnout, she chose to step away from coaching and reinvent herself in property development. Her journey is a reminder that the most courageous choice we can make is to let go of what no longer fits and create space for something new.

**Connect with Barbara and follow her story on LinkedIn:**

<https://www.linkedin.com/in/barbarawalshuk>

