

Your Calm Life Reset



THE ANNESANE WAY



*A Calm, Practical Pathway
toward Healing Burnout &
Designing a Lifestyle that Fits You*

About Your Guide



After many years in a sales career that wasn't for me, I was tired all the time and feeling empty. That is why when the opportunity came to quit my worn-out career and go live on a boat, I took it.

Now I'm living a life that's more aligned with the real me. I'm more relaxed, even-keeled and in control than I've been in years. I'm living a calm life.

And I'm sharing the same steps I took to get this way so you can begin creating a life that fits you also.

This guide is meant to help you begin to heal overwhelm, stress and burnout — not to create more. That's why I want to point out that there's no right or wrong way to use this.

Though I've laid out steps in a particular order, my intention was to create a general pathway that can be read, followed, or just browsed in *any order that fits your needs*.

Feel free to skim, pause, or come back to this guide at anytime by referring to the contents page in the beginning or the list of resources page at the end.

Many Blessings, Anne

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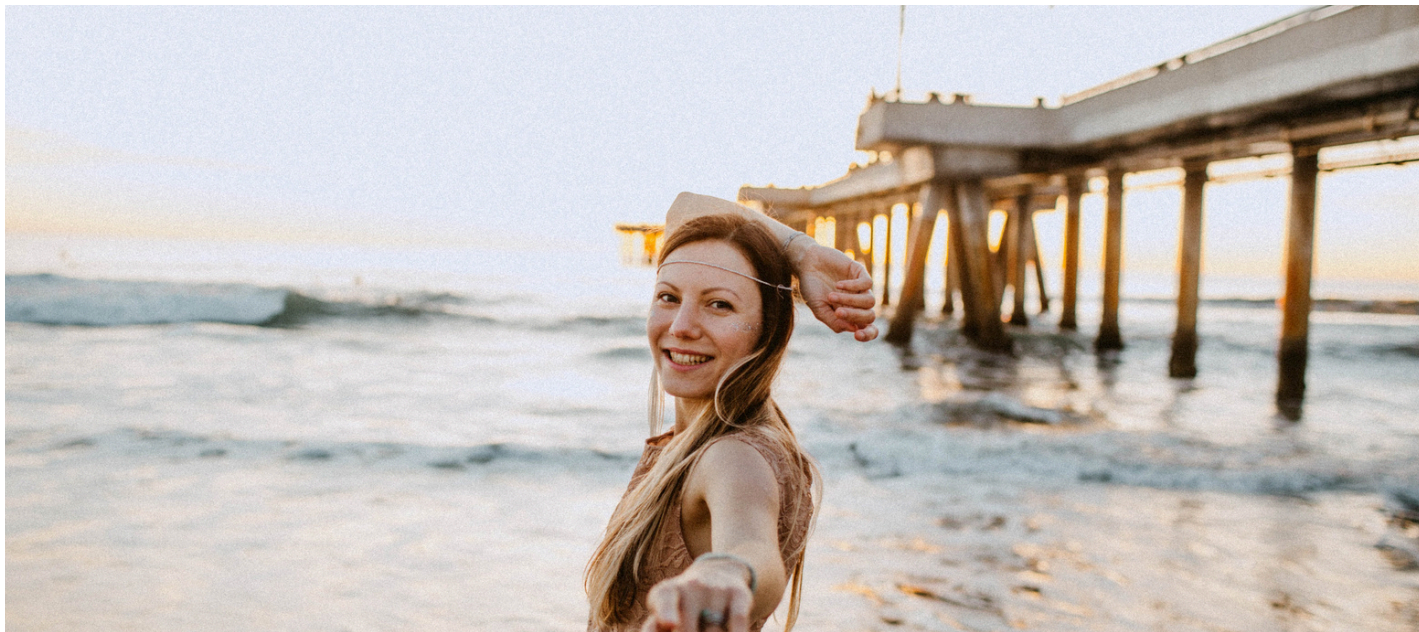
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Introduction

It's ok to slow down.

We were never meant to spend our lives exhausted from work - hoping that someday we might get to live the calm, simplified life that comes more naturally to us.

If we were, research wouldn't show that **76% of full-time employees feel burned out** - at least sometimes.

Burnout isn't rare. It isn't weakness. And it also isn't something you have to live with forever.

If you're here because you feel tired of living a life that might not fit you anymore, you're in the right place. This guide isn't just information.

It's a pathway toward a calm life reset — practical steps that take you toward healing burnout and building a life that fits you more.

Calm doesn't arrive all at once. It returns in tiny moments, every time you choose yourself instead of your exhaustion.

A life that drains you, leaving you uninspired and feeling trapped is a life that will leave your body and soul slowly resisting what no longer works.

From the outside, playing by the “rules” can look fine — the respectable job, the steady paycheck, the predictable routine.

But inside, that life can quietly erode your health, your joy, and your sense of purpose.

I know this because I lived it.

Just a few years ago, I was the burned-out one.

The stresses of life caught up with me. Despite eating well and running half-marathons, my health spiraled downhill - giving me high blood pressure and high cholesterol.

My body was giving me signals I could no longer ignore.

I took time away from work and focused on healing and eliminating my chronic stress with a simpler, less chaotic lifestyle.

And I felt great!

But then I needed to go back to work because the money security wasn't going to last forever.

When I returned to the same sales career — the same work that drained me before — the familiar heaviness returned. The burnout came back...but not because I failed to heal correctly.

I remember asking myself, “**What was all of this for?**”

My work wasn't fulfilling.

My life felt repetitive and dull — living the same days, over and over again — going round and round on the hamster wheel like playing a part in the Groundhog Day movie.

And it wasn't just me struggling.



During the six years I spent in my last corporate role, four colleagues passed away and two others became so ill they were hospitalized for weeks.

This isn't what happens to everyone, but it did happen for me.

And watching that happen changed everything. That was the moment I decided I would not let burnout win...again.

So I searched for another gentler way to live. And eventually, I found one. I found a way of living that reignited something I thought I had lost — the courage to follow my dreams.

For me that meant freedom. The freedom of leaving corporate life behind, selling my house, moving onto a sailboat, and reconnecting with my true self through purpose, simplicity and calm confidence.

For you the destination may look different...but the principles are the same.

You don't have to take my word for it. Thousands of others have found similar results from these steps. The very steps you'll find in this guide.

Here what some said after finding purpose in their work over time:

"I am happy, feeling blessed, and grateful. I had six sales — it felt crazy, but expected."

~ Ingeborg Braas

"This experience changed my life. I went from being unable to work due to my health to providing for my family again."

~ Robin Wilson

As you move through this guide, you'll discover these 4 **simple stages** that guide you from burnout to a life that fits.

Gentle Recovery:

Recognizing burnout, where it comes from, and how to start healing

Calm Discovery:

Simplifying and slowing down enough to hear the life that's calling you

Clearing a Pathway:

Aligning aspects of your life to fit you and the lifestyle that comes naturally

Beginning Your Journey:

Using simple tools and calm practices to move you forward toward your life that fits



Plus you'll find links to the resources I used to go from burnout to boatlife and living my own life of calm.

If you're ready to choose a life that fits you...
even if it seems a little crazy to everyone else,

Feel free to move forward with this guide

A quick note: Some of the links to resources I recommend in this guide may pay me a small commission - at no extra cost to you - if you choose to purchase from them. Know that I only recommend tools I've used and genuinely trust.

Thank you for your support of my work.

01 Awakening to Burnout

Recognizing burnout — and how to begin recovering

Burnout doesn't happen overnight. It creeps in slowly.

When you spend years, sometimes decades, living a life that was chosen for you instead of by you, there comes a moment when you might realize you're not sure what it's like to wake up rested, relaxed, or excited about the day ahead.

Your drive fades. Your life becomes more about survival.

Even boredom creeps in — not because life is peaceful, but because it feels empty.

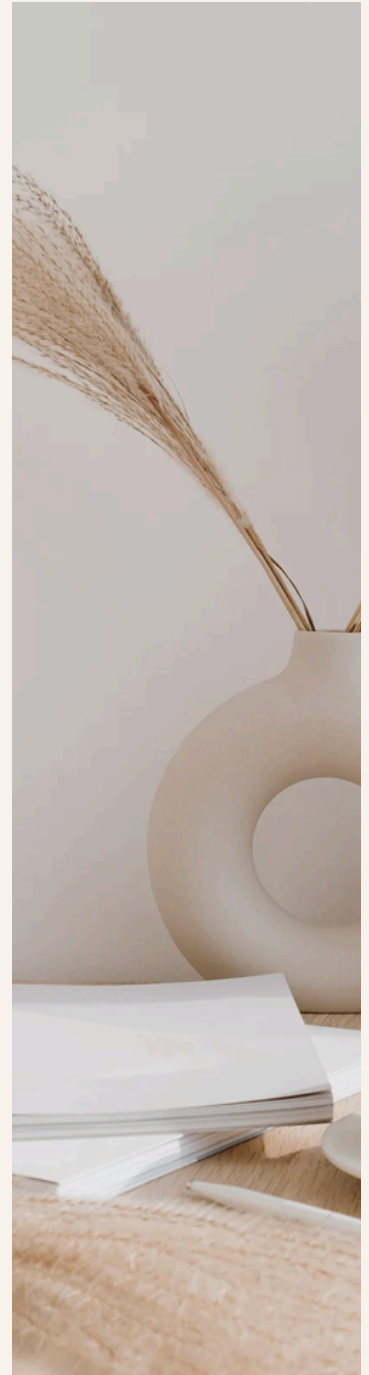
But there is hope.
And it starts with recognizing burnout.

When you're burnt out, your body doesn't feel healthy anymore.

It feels sluggish and heavy even if you're exercising, eating well, and doing all the "right" things.

Your mind never shuts off.

Thoughts race constantly, looking for a way out, but they move so fast you don't even know where to begin.



66
*Exhaustion doesn't have to be my constant.
My life is mine, and I can take it at any pace.*

Exhaustion makes everything seem harder.

Life starts to feel like a test you can't pass...
even though the rules were never fair.

But you can find ease, even if you don't know how yet.

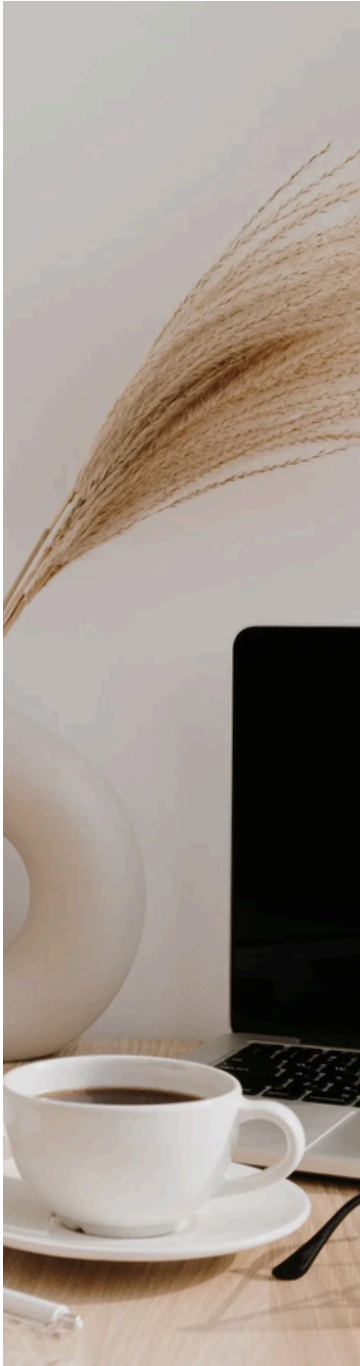
You can stabilize rather than push through.
You can avoid unsustainable stress.

And learning how to avoid it can be very beneficial
because chronic stress doesn't just tighten your shoulders
or knot your muscles.

It disrupts your nervous system and affects your sleep.

When stress takes over, sleep quality deteriorates.

And when sleep suffers, you may notice other symptoms
too.



Research published in the *Journal of Neuroscience* shows that healthy REM **sleep helps regulate fear responses** in the brain —

supporting emotional balance, memory, creativity, and daily energy.

Deep sleep plays a different but equally critical role.

It allows the body to reset and recover, **lowering anxiety and restoring the nervous system.**



How Stress Affects Your Sleep

Stress impacts sleep quality, reducing both REM and deep sleep stages. This can significantly affect daytime energy levels and productivity.

<25%
REM Sleep
Per Night

Stress can decrease the amount of REM sleep per night



Less dreaming and emotional processing



Increased fatigue and irritability

<20%
Deep Sleep
Per Night

Stress can disturb the duration of deep sleep



Less physical restoration



Reduced focus and alertness

annesane.com

The Sleep to Burnout Cycle

Stress and poor sleep is often one form of burnout. When stress robs you of both REM and deep sleep.

The result is a vicious cycle: stress disrupts sleep → poor sleep increases stress → burnout happens.



Awakening to a Shift

The truth is, no amount of coffee, PTO, or “pushing through” will fix the burnout cycle.

This needs a deeper shift.

The type of shift where you reconnect with yourself in a powerful, honest way.

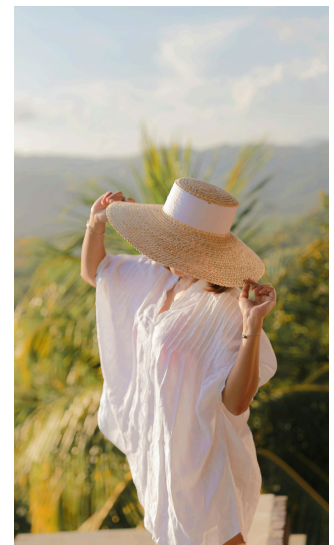
Admitting your life isn't for you anymore can be painful — but it can also be a gift.

Begin Your Burnout Healing

Burnout is your body and mind signaling uncertainty. Once you notice this uncertainty, it's time to slow down.

It's a good time to pause, calmly look at the road you're on and ask whether it's leading you toward yourself...or further away.

Your healing can begin with this type of awareness.



*I remember my moment of awakening very clearly.
I had to admit to myself that my career wasn't moving
forward — it was draining me.*

Awareness Prompt -

An easy way to get comfortable noticing burnout is by writing down three ways it might be showing up in your life.

Grab a pen & paper and write down where you notice it most —
is it with your sleep, your joy, or somewhere else?

Just write down whatever comes to mind first -
don't overthink it.

This is only to get you in the practice of noticing.
There's no need for massive change here.



02

Envisioning Relief

“
Now that you're starting to notice what you don't want, you
may find yourself ready to imagine what you do want.
This is where you get to catch a glimpse of the dream.

Dreaming Up Your Ideal Calm Lifestyle

Envisioning isn't about setting rigid goals or figuring everything out.

It's about relaxing and allowing yourself to imagine what's possible — giving your mind something meaningful to move toward.

The vision you create becomes your reference point.

It gives you direction, focus, and something hopeful to anchor to.

And here's the most important thing to know:

There is no wrong way to do this.

Your vision doesn't have to be perfect. It isn't set in stone. It can change, evolve, and grow along with you.

For me, it originally centered on freedom — personal, professional, and financial freedom.

For you, it may look completely different. Your canvas is blank. So let yourself imagine freely.

If you can't really pinpoint or identify what you might want or how you'd like to feel...don't worry.

You can start with just imagining comfort, ease or relief.

Try these prompts if you need help. One or two is enough:

- ✓ Does your dream life appear calm and restorative — like quiet mornings on a beach? Or more rejuvenating — like traveling or discovering new things?
- ✓ Would you rather work part-time while making the same (or more) than you do now or would you like to be independent, working for yourself?
- ✓ Would you prefer living on some quiet back road in the serenity of the mountains or fall asleep to the sound of the waves?
(Or maybe you'd even like to live on a boat).

There are endless possibilities but no need to get overwhelmed.



Keep in mind that what you lean toward today is not a commitment or decision. It can change.

This is just to allow yourself to dream a little.

We'll talk about practical steps later in the guide, and I'll share the resources that helped me get there.

But for now, this moment is simply about imagining the life you think you might want for yourself.

Try this Visualization Exercise on for Size

With your eyes open, or closed if that's comfortable, imagine your blissful lifestyle — vague impressions are enough.

Where are you? Are you with anyone in particular?

Is it warm or cool, quiet or filled with soothing sounds?

What might an ordinary day in this life look like?

Once you have a rough idea, write down as much as you can, which you can revisit whenever you wish.

Remember - there is no right or wrong here. *Only possibilities.*

A little boost:

If you're looking for some extra support, one of my favorite tools to use is a guided mind-movie manifestation practice that helps to strengthen visualization and make the vision a little more real.

You can find a FREE copy of it here —> [Manifest your Blissful Life](#)

Clearing & Releasing

Simplifying Possessions, Obligations and Obstacles

03



Now that you have a hint of what a better scenario for your life might look like, you can clear away some noise, gradually inviting relaxation into your new life.

When I say “new,” I don’t mean new as in reinventing yourself. I mean new as in coming back home to the quiet, comfortable, settled you.

And when I say clear away, I’m not talking about depriving yourself either.

I mean releasing what no longer fits so it’s easier to pay attention to what does fit.

Choosing to release is about simplifying and letting go of what might be keeping you from living a freer, easier, more intentional life.

A good way to start decluttering is by asking what one thing you have, or spend time doing, that might drain your energy. You don’t need a big list, just starting with one thing is enough.

It might be as simple as how you spend your evenings.

Consider if you could do more of what genuinely brings you joy instead, or if you could just go outside for some fresh air.

*Letting go can be surprisingly liberating.
It can lift your mood and open your
mind to new ideas, including how to
create a “work less, live more” lifestyle.*

Are there possessions you have but rarely use — like extra furniture, exercise equipment, or other things just collecting dust?

No need to worry if you do - there are no rules here.

Just know it's possible that over time these unused items can often become stressors too.

They take up space and require cleaning or maintenance, and that can slowly drain your energy.

I'm not saying you need to go nuts with this, like sell your house and move onto a boat the way I did.

But simplifying your environment can really help you focus on what truly matters.



Beginning the Shift

Take time to slow down and sit quietly.

Notice what you say to yourself — especially when you think about the vision you've chosen.

This awareness may open your eyes to certain roadblocks that are helpful to notice.

Because these internal roadblocks can either stall your progress, or be transformed.

On a blank piece of paper, jot down anything that you may have noticed come up and how that might be rephrased.

Here's a sample of clearing:

"I have to follow the conventional way to be successful."

→ "I can relax the rules a little."

"I'm not sure where to start."

→ "Just beginning to notice my thoughts is doable."

"It's too late for me."

→ "My life is mine. I can take this at any pace."

"I'm not one of the lucky ones."

→ "I am enough. Belief is within my reach."

"I have to play it safe for my own good."

→ "Taking small steps slowly works well for me."





The results of this work are subtle,
slow shifts.

Mental roadblocks are replaced with
clarity.

Heaviness gives way to lightness.

And forward movement begins
to feel possible again.

Now It's Your Turn

Start small.

Choose one area of your life...

a closet, your schedule, or even your
self-talk...

and clear one thing at a time to
make space for something better to
come in.

Want Extra Support?

One tool I love that's an option for
you to try is this FREE
[Overcoming Fear & Anxiety Mini-
Guide](#)

It helps gently shift roadblocks you
notice while you release what can
hold you back in life.

04

Safe Money Talk

Dreaming brings some clarity — but dreams need some type of orientation to become reality.



Once you have a hint of your vision, and you've calmed your life down a bit,
it's time to plan ways to financially support your dream life.

A plan gives you direction, keeps you focused,
and builds momentum.

Momentum supports income and helps reduce burnout.

But momentum doesn't have to be pushed...pauses don't erase it.

It can work at its own pace and design.
Slow and steady isn't wrong.



This stage is about bridging the gap.

— the gap between where you are now and
the life you're envisioning —

by planning income, understanding logistics,
and taking small, manageable steps forward.

And don't worry, planning doesn't have to feel overwhelming.
When done intentionally, it can actually feel empowering.

You can easily start by looking at your vision and
the ways you'd like to make money.

This is a good place to start because dreams need
support structures.

No matter what version of a blissful life you imagine,
some form of income has to be part of the equation.

Unless you already have a nest egg you can rely on.
And if that's the case, that's wonderful.

But it's perfectly fine if you don't.

That's why this section is here —
to get a little clearer about how things can work out for you.

To get clearer on creating income...
without feeling overworked, underpaid, or trapped.

Here are some ways you could create income without burnout:

Making the same income while working fewer hours

Earning remotely so you can live or travel anywhere

Building income from a passion project

Creating or selling a product without employees or heavy overhead



You have a few options, but there's *no need to choose today.*

Revisiting this later is ok.

This is just to get you moving toward **designing something sustainable for you.**

Building a Rough Plan

One: Work Backward from Your Vision

What kind of lifestyle do you want — and how much income would you estimate to support it?

This is just a guess at this point. These numbers can change.

We're just looking for a rough place to start.



Two: Research Your Options (Lightly)

You can explore part-time jobs on Indeed, look at Remote.co or FlexJobs for work-from-home jobs, or search Upwork, Freelancer, or my favorite...LinkedIn if the idea of freelancing floats your boat.

Maybe supporting the calm lifestyle you desire with an online income interests you more.

If you want to find out more about that, I recommend learning [how to join the modern wealthy](#) the same way I did.



Three: Use AI Tools - Wisely

AI tools like ChatGPT can be helpful for research tool — if used intentionally. The key is input.

The more clearly you share your skills, interests, lifestyle goals, and constraints, the more useful the output will be.

Remember — AI is a tool, not a decision-maker. Trust your own discernment.



Building a Rough Plan, Part 2



Four: Strengthen Your Financial Foundation

If changing careers or income streams isn't your next step, you can still create freedom by rearranging your finances.

This might include paying down some debt, creating breathing room with awareness of your spending or redirecting money toward savings and investing.

Start with awareness.

Build a simple information-gathering budget and identify where you might regain control.

→ Many Google Sheets templates can help with this.

Look closely at recurring expenses like subscriptions, memberships, or services you no longer use.

→ Apps like Rocket Money can help identify what can be eliminated.

If debt reduction is your goal, ask yourself how long you want to take and how much you need to pay monthly.

→ Simple spreadsheet tools, like a credit card payoff calculator, make this process clear and manageable.



Pro Tip:

Avoid the rabbit hole here.
Too many options can stall progress.

Choose one path that seems to align with your lifestyle vision and explore it intentionally — without deep diving.

Pausing this process or stepping away for a while is not failing.

Rest is part of making progress.

Remember we're walking **away from burnout**, not toward it.

Turning Rough Plans into Steady, Eased Action

Once you have clarity around income and finances, it's time to make some rough actionable steps.

Start with your desired end result.

Break it into smaller goals.

And break those down again until you have tiny, doable steps you can take one at a time.

These steps are not permanent.

You can adjust them as you learn,
as long as you keep your ultimate destination in mind.

Place this fluid plan somewhere you'll see it often — as a gentle reminder.

That way you can stay connected to your dreams and move *slowly* toward them with intention, keeping in mind inaction for a little while won't erase your dreams.

Light Action Step

Write down your “calm lifestyle budget.”

What would it cost to live your ideal life month-to-month?

Remember this is your first draft.

This is information you use to start with, it's not the conclusion.

It's just to help to move you forward, and can be open to change.

Seeing it on paper helps your mind connect vision with reality —

and turns dreaming into direction.

05

Making the Leap

Courage, Belief, and Dealing with Naysayers

This *could* be the hard part.

Not because you have to leap forward all at once, you don't.

Also not because there's any danger in change, there isn't.

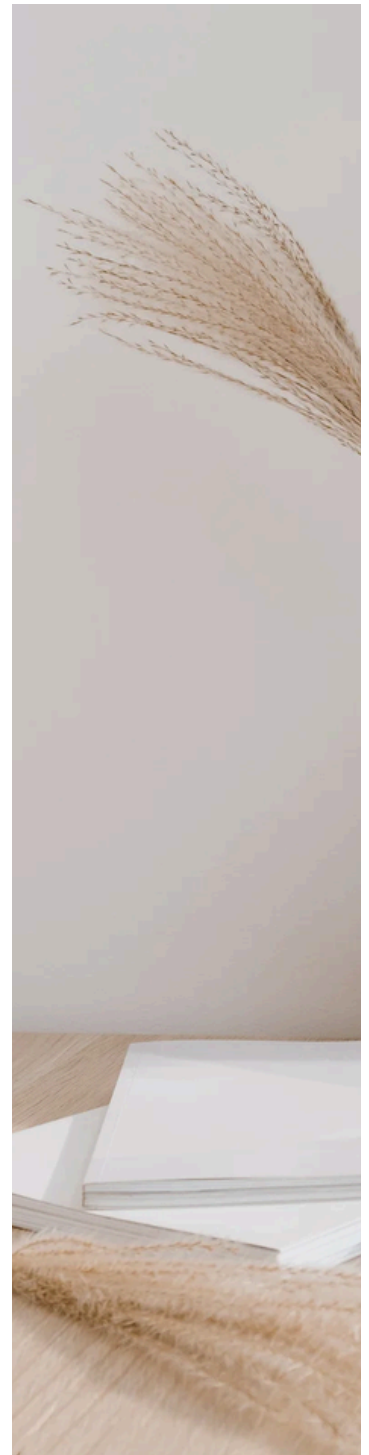
But simply because it means turning your intentions into internal and/or external action, and taking action is where things become real.

Walking away from a life you've known well — even one that drains you — can seem a bit uncomfortable. But that discomfort just means you care.

Letting go of the predictability and the perceived “security” might take some guts. But it doesn't have to be thought of as impossible by any means.

They call staying in an exhausting situation that seems secure “velvet handcuffs“. You're tied down, but comfortably tied down.

But staying that way doesn't mean weakness, in fact it's most likely made good sense... until now.





It takes courage, support, and a steady system to keep you moving forward, especially when doubt creeps in.

Where does that calm courage come from?

Not from waiting until you feel ready.

And not from having everything figured out.

It comes from taking one small, intentional step at a time.

This action can begin with the internal action we talked about earlier — noticing shifts and learning from what you notice.

Or it can be more external, like learning something new. It can simply be whatever you're ready to do.

Each time you step slightly outside your comfort zone, even just dipping a toe in, your confidence grows.

Over time, those small steps add up.

You begin to think differently. You stand a little taller. You stop shrinking your dreams to fit other people's expectations.

And slowly, any discomfort you may have had begins to fade.

Once you're open to new possibilities,
the next ingredient is belief ...

or, as I like to call it, BE-lief.

BE-lief because it isn't just something
you think,

it's something you practice with your
behavior.

It means practicing showing up as the
person you're embracing —

even before the results appear.



Try it for Yourself

You can do this privately, in the comfort of your own home if you'd like, no one else needs to notice yet.

You can start by paying attention to how you speak to yourself.

How you treat your time and energy.

The habits you choose, and the ones you release.

Experiment with this and before you know it,
your belief that new opportunities will happen for you begins to grow.

Having trouble believing in yourself?

I recommend starting with this gentle but powerful story,
“Never In Your Wildest Dreams”

It shows how to recapture the inspiration and self-love needed
to live your greatest life.

This book's my #1 resource for believing anything is possible.

Fear doesn't disappear, It simply stops driving you when you choose to move forward anyway.

It's important to know that as you grow beyond the role others are used to seeing you play, a few may get uncomfortable.

Not because they don't care about you but because they aren't prepared.

Some will question your choices.

Others won't understand them.

Luckily, choosing yourself doesn't mean you're walking away from them.

Both can coexist.

You can trust what you're doing is good for you and good for others in your life.

You can also know that what you're building is possible, even if others don't see it ...yet.



This stage is about cultivating habits that support a new level of living.

Habits that align your actions with who you truly are — not who you were conditioned to be.



When that alignment happens, something shifts.

The work begins to feel lighter.

The steps feel more inspired than forced.

Momentum begins to build naturally, not from being pushed.

And this momentum doesn't disappear if you need to hit pause every now and then.

I've learned that this stage works well. Even as I write this, I'm energized.

Not because everything is perfect, but because I'm doing work that aligns with who I am.

And when you do that type of work, it's possible to reduce burnout more easily because aligned work brings less stress.

There's effort, yes.

But there's also peace, purpose, and joy with the type of work you're doing.

And you don't have to go it alone. Support matters and you can get it from many places.



For some extra support ~

You can send a quick email with the subject line "Extra Support" - I'm happy to give you options based on your needs.

Send an email to: anne@annesane.com



06

Gentle Practices for Calm

“Calm living isn’t something you achieve once and you’re done; it’s something you tend to frequently.”

Once you step into a life that feels lighter and more aligned, the journey doesn't end — it deepens.

You slowly become your own guide.

That means guiding yourself with intention, staying accountable, and creating simple structures that support the life you're looking forward to.

Over the years, I've experimented with many tools.

The ones below are a few I've kept — not because they're fancy, but because they worked to keep me grounded, focused, and aligned with my values.

Use what resonates for you. Ignore what doesn't

Just make sure you're *doing some regularly to help gently move you in the direction you want to go in.*





One: Journaling ~ Your Anchor

This is the most important tool — and the simplest.

Journaling was my first practice, long before entering into entrepreneurship or changing my life from corporate burnout to boatlife.

The writing clears mental clutter, releases stress, and brings clarity you may not know you already had.

The best part is, **there's no right way or perfect time to do it.**

If journaling's not coming easy to you right away, just write anything... *whatever comes to mind.*

This works because it's private — meant for your eyes only.

For me, journaling helped release anxiety, process the good in change, and stay connected to myself...especially during uncertain times.

I started writing in a plain notebook but my personal favorite is using a digital diary app so I never lose an entry and can revisit past reflections when I need perspective.

If you'd like to have an app that backs up to the cloud like me, you can use Diaro. **Just visit - <https://diaroapp.com/>** and sign up for your own account.



Beginning Your Own Journal Practice

Begin by writing your own “Burnout to Bliss” journal entries as often as you can.

Remember — skipping days doesn’t undo progress.

Here are some ideas you can choose from:

- ~ Write 3 things you’re grateful for
- ~ Note 2 wins, big or small
(tiny steps count)
- ~ Identify 1 thing you’d like to improve
or refine

Remember: small daily practices
create lasting relief.

Two: Time Blocking ~ Peaceful Structure

No matter what you're building — a business, a side project, or simply a more intentional life — managing your time can be a little stressful at times.

But dreams only become real through action, whether big or small steps.

And action requires space.

Time blocking isn't about rigidity...
It's about relief.

When you decide in advance when things will get done, your mind can relax. You can stop constantly reacting and start responding with intention.

Calmness comes from choosing how to use our hours in a day.

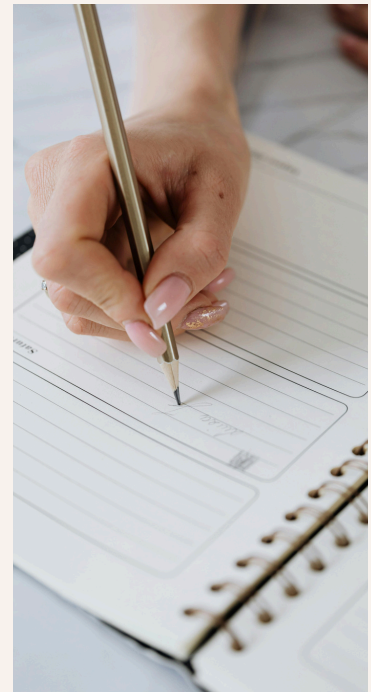
And when you have time blocked off for specific tasks in your life, you can take comfort in knowing you already have a time & place to do what needs to be done and there's less pressure to get it done right away.

You start to lighten your present-time load.

In order to help you from getting overwhelmed with choosing time blocks, below is an example based on my own framework that you can adjust to fit your life any way that works best.

Take Note - This can be fluid based on what's going on in your life.

Sometimes you may need more structure, sometimes you might need less.



Example of Time Blocking

Mornings ~	Work ~	Admin ~
Morning routine (15–60 min): prayer, gratitude, meditation, reviewing priorities, visualization	Focused work (60–90 min): creating something of value @ least 3x's per week	Bills & finances (60-90 min weekly): knowing your numbers can reduce stress
Movement (20–60 min): walk, run, bike — anything that energizes you	Networking or community time (30–60 min weekly): connecting to others	Personal tasks (20 - 30 mins weekdays + longer on weekends) avoid distractions, save tasks for these times only
Journaling (15–60 min): mind dump... writing whatever's on your mind	Buffer time (at least 30 min each in a.m. & p.m.): keep open for the unexpected	Scheduling (1–2 hours on weekend) weekly review & planning next week
<p>This weekly review can be powerful. It's how you stay aligned, avoid distractions, and actually <i>finish</i> what you start. It can be done briefly so it doesn't take too much time or energy and if you skip a week, it doesn't mean you undo your progress.</p>		

When you're ready to go deeper ~

Your own time blocks can help set the tone for the day and settle your nervous system to help you show up better for others without wearing yourself out.

If you'd like extra support with brain-based routines and intentional focus to help you get past self-doubt and burnout, I recommend this **FREE webinar** given by my 2 favorite people in personal growth – Mary Morrissey and Natalie Ledwell.

In it you'll learn to remove mental barriers and open the door to lasting success and fulfillment in all aspects of your life. **REGISTER HERE**



Three: Planning ~ Big Picture → Small Steps

Calendars manage time.

Planners manage direction.

Using planners helps you break big dreams into small, doable steps — without the overwhelm.

But you don't need to do the yearly, quarterly, monthly and weekly planning.

Picking one to do consistently is better than doing all of them rarely. This is how you prevent burnout.

This year, I'm using a 90-day *Quiet Build* Planner that I've created for myself.

A rough outline of how it's set up is to work on:

consistency rather than intensity for the first month,

presence over performance in month two,

and **identity before income** in month three.

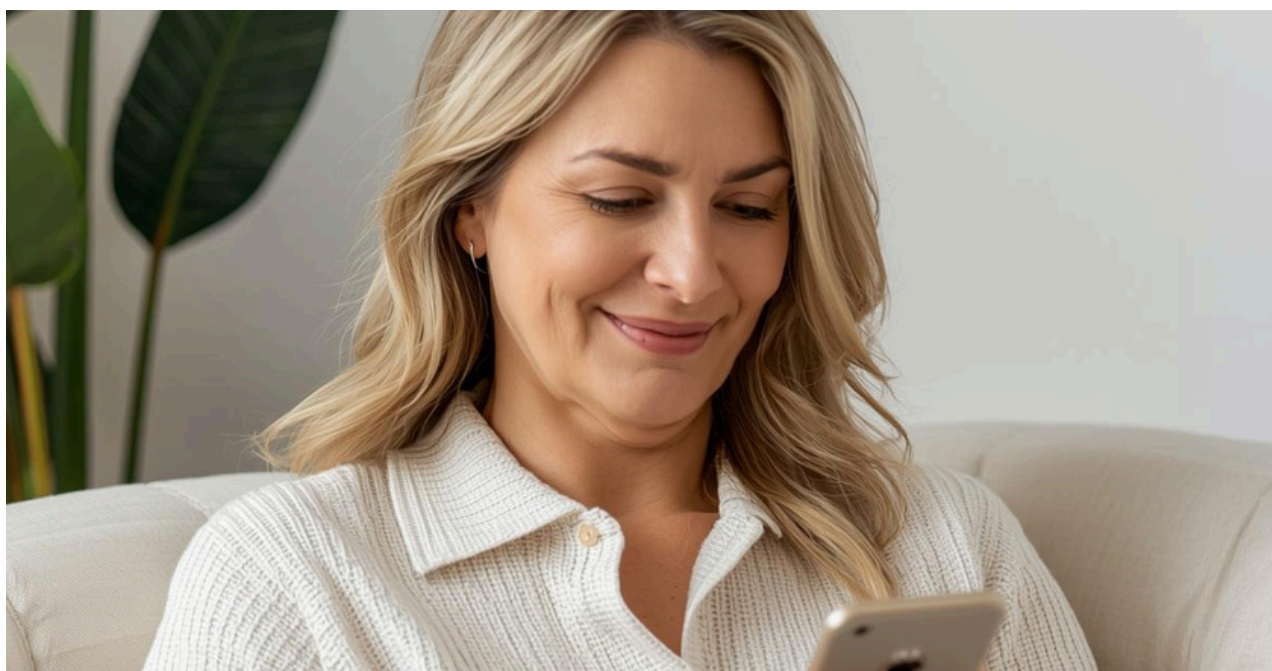
It also helps me to **work in small, protected windows of time** that fit my way of life (like the time blocks we just covered).

This planning is more about getting into a rhythm, showing up with a peaceful energy and moving toward myself before worrying about producing income.

My intention here is that you might see planning is not about listing strict goals but more about forming a practice that moves you closer to coming home to yourself.

Want a quiet planner to purchase for yourself?
Send me an email with the subject line "**Quiet Planner**"
so I know you're interested.

My email address is: anne@annesane.com



Four: Gentle Reminders ~ Stay Aligned Throughout the Day

Life can knock us off balance quickly.

That's why I use simple phone reminders,
little nudges to pause...breathe...reconnect...
and return to a soft, action-focused, grounded state of mind.

Even one reminder can be enough.

Some reminders you can set up for yourself are to:

- ~ say a quick prayer of gratitude
- ~ step outside for fresh air
- ~ reconnect to what's meaningful to you

Think of these as **compassionate check-ins** — not interruptions.

Conclusion



Congratulations!

You can finally see that burnout doesn't have to be your constant way of living.

It's not who you are — it's a signal that something in your life needs to calmly change.

And now **you have your general roadmap** to do just that.

One that you can revisit anytime and follow in any order.

One that shows you ways to recognize burnout, reconnect with your true desires, simplify what's weighing you down, plan with intention, take confident action, and build daily practices that support **your return to yourself again.**

Many Blessings. Anne

What's next for you

~ You can revisit the reflection prompts in each section whenever you'd like. Clarity deepens when read more than once.

~ You can choose one tool or practice that resonated most and begin there. One at a time is enough.

~ You can easily stay connected.

I'll be sharing more insights, encouragement, and guidance with my blogs and emails and I'd love to hear about your journey so I can cheer you on along the way.

Remember:

You're not behind. You're not broken.

You're simply ready for a life that makes more sense.

Welcome Home



anne@annesane.com
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Resources & Tools



Mindset & Vision Support

(all underlined words are clickable links)

Manifest Your Blissful Life (Affiliate)

A gentle visualization practice to help make your vision feel more real and grounded

Overcoming Fear & Anxiety Mini Guide (Affiliate)

A supportive tool for working with fear — not forcing it away — while taking small steps forward

“Never In Your Wildest Dreams” (Affiliate)

An inspiring story that’s my #1 resource for believing anything’s possible.

Ultimate Success Masterclass (Affiliate)

An interactive coaching program by Natalie Ledwell that teaches brain-based routines, intentional focus, and follow-through in a grounded, practical way.

Mentioned as one source of support — not a requirement

{“I share things I use & love, some links may pay me a commission if you buy through them. I appreciate the help that keeps my work going”}

Additional Resources



Planning, Journaling & Structure

(all underlined words are clickable links)

Digital Diary / Journaling App

Used for private journaling, reflection, and revisiting past insights

Simple Planning & Time-Blocking Frameworks

Used as flexible structure to reduce overwhelm,
not create pressure

90-Day Quiet Build Planner - (email anne@annesane.com)

A planner focused on:

- consistency over intensity
- presence over performance
- identity before income

For some extra support ~

You can send a quick email with the subject line “Extra Support” -
I’m happy to give you options based on your needs.

Send an email to: anne@annesane.com

Additional Resources



Money & Practical Support

(all underlined words are clickable links)

ChatGPT (or other AI Tools)

Used intentionally for research and brainstorming — as a tool, not a decision-maker

Budgeting & Awareness Tools

- Google Sheets budget templates
- Rocket Money (for identifying unused subscriptions)
- Credit card payoff calculators (for clarity and planning)

Finding Jobs for Freedom to Live a Life that Fits You

- Part-time or Remote Jobs - Indeed , Remote.co or FlexJobs
- Freelancing (for more freedom) - Upwork , Freelancer or LinkedIn

Modern Wealthy (3-Step Online Income Framework) (Affiliate)

Simple 3-Step framework for building an online income that's built to support the calm lifestyle you desire