INSPIRED LIMITLESS · NLP COACHING



THE EXECUTIVE RESET

A self-paced NLP workbook for corporate leaders stepping out of burnout and into authentic alignment.

INSPIRED LIMITLESS

VALUES · STATE · ALIGNMENT

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Work through the modules in order. Allow each reflection to settle before you move to the next.

WELCOME

Welcome to Your Reset

You didn't lose your drive; you just *misaligned your energy.*

As a high achiever, your identity has likely been tied to your titles, metrics, and outputs for years. But when the corporate landscape shifts, or when internal burnout hits, relying on the same strategies that got you here will only exhaust you further.

This workbook is a tactical intervention. Using Neuro-Linguistic Programming (NLP), we are going to bypass the rationalizations of your logical mind and look directly at your subconscious coding. You will identify where your energy is leaking, uncover what truly drives you today, and build a psychological anchor to access focus and calm on demand.

Give yourself permission to step out of the "doing" state and enter the "strategic reflecting" state.

Let's begin.



MODULE ONE

The Energy Audit

Symptom Mapping

Before we can program a new destination, we must acknowledge your exact current location. In NLP, we look at how your current internal state affects your external behaviour.

1 NEVER **2** RARELY **3** SOMETIMES **4** OFTEN **5** ALWAYS

I feel like I am running on adrenaline rather than genuine inspiration.	1 2 3 4 5
I find it difficult to disconnect from my professional identity when I close my laptop.	1 2 3 4 5
My decision-making feels heavy, foggy, or driven by a fear of dropping the ball.	1 2 3 4 5

MY REFLECTION WORKSPACE

Identify your primary energy drainer. What is the single biggest "open loop" or unresolved stressor in your professional life right now?

For example: a toxic corporate culture, a lack of boundaries, a role that no longer fits, or fear of the next step.

MODULE TWO

The Core Values Elicitation

Subconscious Drivers

Burnout rarely happens because you are working too hard; it happens because you are working on things that contradict your unconscious core values. When your daily actions don't align with your values, internal friction occurs.

STEP ONE · THE UNFILTERED LIST

Look past your company's mission statement. What matters to you as a human being? From the list below, circle your top five values, or write your own.

- Autonomy
- Recognition
- Impact
- Security
- Connection
- Mastery
- Freedom
- Integrity
- Growth
- Balance
- Innovation
- Legacy

Other .....

STEP TWO · THE PRIORITY RANKING

In NLP, the order of your values determines your decisions. Force-rank your top three choices from above.

1 .....

2 .....

3 .....

MODULE TWO

Values in the Room

Where your number one is honoured, and where it isn't

MY REFLECTION WORKSPACE

Look at your number one value. How is your current professional role honouring or violating this value? Be brutally honest.

MODULE THREE

The Well-Formed Outcome

Reframing the Future

Most professionals know exactly what they don't want: "I don't want to feel this stressed." However, the subconscious mind cannot process negatives effectively. If you focus on "not being stressed," your brain stays focused on the stress.

We must reframe your goals into a Well-Formed Outcome: stated in the positive, within your control, and sensory-specific.

MY REFLECTION WORKSPACE

Answer these two questions to program your brain's reticular activating system (RAS) for a reset.

QUESTION ONE

What do you want instead of the burnout? State it positively.

"I want a role where I control my schedule and lead high-impact creative strategies."

QUESTION TWO

How will you know when you have achieved this reset? What will you see, hear, and feel in that exact moment?

"I will see a clean calendar on Friday afternoons, hear myself speaking calmly to my team, and feel a light, spacious sensation in my chest."

MODULE FOUR

The Mindset Anchor

The Circle of Excellence

To navigate a transition, you need to access high-resource states (like certainty, calm, or clarity) on command, rather than being at the mercy of external chaos. This exercise builds a physical NLP anchor.

1. **Identify the needed state.** Choose an emotional state you desperately need right now: absolute calm, unshakeable confidence, or sharp focus.

2. **Remember a time.** Close your eyes and recall a specific memory where you felt this state completely. Go back to that exact moment. See what you saw, hear what you heard, and feel that feeling.

3. **Establish the physical anchor.** As that feeling of calm or confidence peaks in your body, make a unique physical gesture, such as pressing your thumb and forefinger tightly together for three seconds, or touching your wrist watch.

4. **Break the state.** Open your eyes, look around the room, and count backward from five to reset your mind.

5. **Test the anchor.** Fire the anchor by pressing your thumb and forefinger together again. Notice how the feeling of that resourceful state automatically begins to wash back over you.

MY REFLECTION WORKSPACE

My chosen physical trigger gesture is .....

I commit to using this trigger right before:

For example: opening my email in the morning, or stepping into difficult alignment conversations.

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FINAL INTEGRATION

Your 48-Hour Micro-Action

Momentum starts immediately

A reset doesn't happen overnight, but momentum starts immediately. What is one microscopic boundary, conversation, or scheduling change you can implement in the next 48 hours to signal to your brain that the Executive Reset has officially begun?

MY REFLECTION WORKSPACE

The reset has begun.

INSPIRED LIMITLESS

REWRITE YOUR STORY. REDEFINE YOUR LIFE.