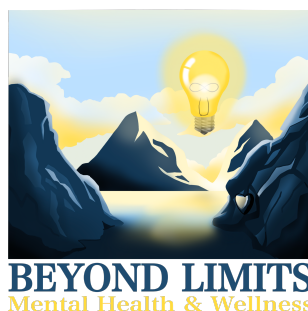




From Success to Peace

A Guided Reset Workbook for High-Functioning Black Women

Beyond Limits Mental Health & Wellness

A Letter From Akiva

You've accomplished so much. People admire your strength, your work ethic, and your ability to hold everything together. But if success has come at the expense of your peace, it's time to choose something different. This workbook is your invitation to pause, reflect, and take one intentional step toward healing.

Burnout Assessment

Rate each statement from 0–4 (0=Never, 1=Rarely, 2=Sometimes, 3=Often, 4=Almost Always).

1. I feel emotionally exhausted. ____ 0 1 2 3 4
2. I struggle to rest without guilt. ____ 0 1 2 3 4
3. I put everyone else's needs before my own. ____ 0 1 2 3 4
4. My body feels tense or overwhelmed most days. ____ 0 1 2 3 4
5. I have little energy for things I enjoy. ____ 0 1 2 3 4
6. I feel disconnected from myself. ____ 0 1 2 3 4
7. I have difficulty saying no. ____ 0 1 2 3 4
8. I keep pushing even when I know I need a break. ____ 0 1 2 3 4
9. I feel like I'm surviving instead of living. ____ 0 1 2 3 4
10. My success no longer feels fulfilling. ____ 0 1 2 3 4

Scoring

- 0–10: You're managing well—protect your peace.
11–20: Mild burnout—small changes now can prevent deeper exhaustion.
21–30: Moderate burnout—your mind and body are asking for recovery.
31–40: Severe burnout—it may be time to seek additional support and prioritize healing.

Reflection Questions

- What am I carrying that no longer belongs to me?
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- When do I feel most like myself?

- What boundary have I been afraid to set?

- What would peace look like in this season of my life?

- What is one belief about myself that I'm ready to release?

Boundary Exercise

Choose one boundary to practice this week:

- I will not answer work emails after ____.
- I will say 'Let me think about it' instead of automatically saying yes.
- I will schedule one hour this week that belongs only to me.
- I will ask for help with _____.

Write one boundary you commit to keeping this week:

60-Second Grounding Exercise

Take a slow breath in through your nose for 4 counts. Hold for 4. Exhale slowly through your mouth for 6. Repeat four times.

Now notice:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Your One-Page Action Plan

Today I choose peace by: _____

My biggest stressor is: _____

One boundary I will set this week: _____

One person I can ask for support: _____

One act of self-care I'll complete in the next 48 hours: _____

Keep the Journey Going

Join the Beyond Limits newsletter for practical wellness strategies, encouragement, and exclusive resources designed for high-functioning Black women. When you're ready, we're here to help you move beyond survival and experience internal peace.