

*hannah*  
A U S T I N



# The HELLO, HEAD, MEET HEART Toolkit

## REFLECTION GUIDE

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# The 'Hello, Head, Meet Heart' Reflection Journal

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What do you know about yourself now that you didn't know before this course?

What has been the most challenging part of your 'turning towards yourself' journey?

What did you gain from working through these workbook exercises?

What changes do you want to make moving forward to be more aligned with yourself and what you want for your life?

What was the most useful lesson or tool that you learned while completing the course?

# Hey, I'm Hannah!

I'm a best-selling author, podcast host, and speaker. I'm on a mission to help people on the brink of setting fire to it all, learn how to burn brightly instead of burning out, and finally find some balance.

Ever since the day I physically collapsed due to burnout, I've been obsessed with figuring out what makes us burn out and how to design a work life balance that simply, works.

**MORE ABOUT HANNAH**



## CHECK OUT THE Burn Brightly Podcast

If you've spent years trying to "get it together", balance your personal and work life, taking breaks that don't seem to work, you need more than rest!

**LISTEN NOW**

## Book Hannah TO SPEAK

### **SPEAKING TOPICS:**

Burn Brightly Without Burning Out (Keynote)

The Burn Bright Workshop

How to Lead When You Are Depleted

**BOOK HANNAH**



# HELLO, HEAD, MEET HEART

SheShatters works to help educate, empower and light the way for professionals to burn bright. We make it our goal to provide resources and tools to help support professionals, tackle burnout, and remind you that you aren't alone.



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