

hannah
A U S T I N



The HELLO, HEAD, MEET HEART Toolkit

WELCOME GUIDE

SHESHATTERS.COM

Hi There! I'm Hannah.

Welcome to the 'Hello, Head, Meet Heart' Toolkit - the perfect next step in the journey for readers of the eponymous book! In the 21st century, burnout has become an epidemic, particularly when we're juggling multiple priorities. Between work, family, health, and a multitude of other things, it's easy to lose your spark.

So many people are craving a supportive community, resources, and applicable tools they can use to reduce the symptoms of burnout and shift the focus to burning BRIGHT - and the first step to making that happen? Self-awareness.

Self-awareness is the foundation for us to live meaningful lives. We all want to achieve success, have meaningful relationships, and be happy, but those goals tend to raise some questions...

HOW do I get started? How do I create a better life?
I am so tired and discontented, and I know, deep down,
that I am yearning for more - but HOW do I achieve it?

I hear you! I felt the same way, and I got SO tired of
repeatedly saying these same sentiments to myself
- so I made the decision to leave my old life behind.

I took a chance and jumped into the unknown.
I had faith that I was jumping toward a
better situation. For the first time
in my life, I decided to bet
on myself, and it paid off!

I am happier than I have ever been
and now I'm ready to bet on you,
so let's explore a new path for you,
together. Once you've finished
reading Hello, Head, Meet Heart,
you're ready to dive in!



The 'Hello, Head, Meet Heart' Toolkit Timeline

The Hello, Head, Meet Heart' Toolkit is designed to lead you through several visual and auditory exercises to help you gain self-awareness and learn HOW to improve your mental well-being and overall health.

The program is structured into bite-sized exercises for you to complete at your own pace. You'll unlock a new part of the program each week, for 4 weeks!

01

Week One

Week One is all about diving deep within yourself, what you value most, and who you are at your core. We call this the "Turning Towards Yourself" week, and it begins with an assessment of where you see yourself today. This week, you'll have the chance to turn that around.

02

Week Two

Week Two focuses on clearing your mind and reprogramming negative thoughts. When you see your negative thoughts as products of your own mind, it can be difficult to refute them, so this week, you'll learn to view them as creations of your "inner critic". You'll learn to affirm your boundaries and protect your sense of self from unwarranted negative energy.

The 'Hello, Head, Meet Heart' Toolkit Timeline

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Week Three

Week Three focuses on connecting with where you are in your life right now and the kind of life you want to live. Through a simple daily introspective exercise, you'll delve into who you are at your core. You'll also have a chance to ruminate on your life's purpose as you form a vision for your future and break down your biggest dreams into categories that resonate with you.

O4

Week Four

Week Four is designed to help you take your plans for a redesigned life and put them into practice. At the end of this week, you'll also have the chance to reflect on your experience as a whole and create a plan for the future that holds space for your growing flame.

The 'Hello, Head, Meet Heart' Toolkit Action Planner

Use this calendar as a reminder to complete the exercises in the program each week, and fill in the boxes to track your progress and make note of everything you learn on your journey to self-discovery.

	SUN	MON	TUE	WED	THUR	FRI	SAT
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

The 'Hello, Head, Meet Heart' Toolkit Action Planner

It's important to take note of your discoveries along the way. Use this space to jot down thoughts, revelations, and new ideas that pop up.

Summary, Homework, and What's Coming Up Next!

Congratulations on investing in yourself and your own wellness through the 'Hello, Head, Meet Heart' Toolkit. I'm looking forward to going on this journey with you.

This Week We Covered...

- What's coming up week-by-week in the 'Hello, Head, Meet Heart' Toolkit.
- The importance of pre-scheduling things that are important to you, and making time to complete the toolkit each week as part of your new wellness routine.

Action Steps from the Welcome Guide

- ✓ Download or print your 'Hello, Head, Meet Heart' Toolkit planner, and put it somewhere you'll see it daily. Pinned up at your desk is ideal!
- ✓ Go through the planner and decide on which day each week you'll go through the new content. Week Two will arrive exactly 7 days after you purchased the toolkit.

Coming Up in Week One

- We're going to start by looking inward and really assess your current responsibilities and priorities to see what is in alignment and what isn't!
- You'll be getting started with guided meditations and tuning in to two new meditations to help you find some inner peace, even when everything is hectic.

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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