



EVOLVE BEYOND LIMITS

Workbook

Find Your Freedom

STRENGTH * TRANSFORM
STRESS INTO

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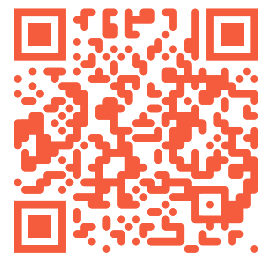
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Your freedom journey **starts here.**

Check out the **Evolve Beyond Limits Podcast** & listen to real conversations, practical tools, and powerful truths that help you turn stress into strength; one episode at a time.

Scan the QR code or visit **EvolveBeyondLimits.com/Podcast**.



What if stress wasn't the enemy... but the doorway to your most vibrant life?

We've been told that stress is something to avoid, to manage, to suppress, to eliminate. But what if *that belief* is keeping you stuck, depleted, and disconnected from your full potential?

At Evolve Beyond Limits, we see stress differently. We believe it's not a burden, it's a *tool*. When used intentionally and in the right amount, stress becomes the spark for growth, clarity, and transformation. The trick? Living in the Goldilocks of stress... not too much, not too little. Just enough to ignite momentum without burning out. Think pressure makes diamonds kind of energy!

I've watched it happen time and time again: people reclaim their energy, their voice, their spark. Not by escaping stress, but by learning to optimize it. When you learn to live in your

Stress Sweet Spot, you don't just survive, you thrive. You radiate confidence, create with purpose, and influence everyone around you simply by being fully *you*.

So let's flip the script.

This workbook will walk you through a powerful framework to understand where your stress currently lives and how to shift it in your favor. Before we dive into the personalized assessment and step-by-step tools to take back control of your life, we'll start with the foundation: the stress chart. Understanding how each zone affects your energy, choices, and behaviors is the first step toward realignment.

Let's get started and unlock the version of you that's been waiting on the other side of stress.



Everyday Symptoms of a Stale Comfort Zone

(a.k.a. "Your Soul is
Bored" warning signs)

CHECK ALL THAT APPLY:

_____ **1. You wake up already feeling tired**

Even after a full night's sleep, you feel drained because your energy is being siphoned by monotony, not activity. Or you may even struggle to fall asleep because you feel tired but as soon as your head hits the pillow, you can't fall asleep.

_____ **2. You overthink simple decisions**

When you're not taking bold action, your brain starts spinning in circles about things that don't actually matter.

_____ **3. You feel "busy" but rarely fulfilled**

Productivity becomes a distraction from the nagging sense that you're meant for more.

_____ **4. You constantly scroll, snack,
or shop to numb out**

Low-grade dissatisfaction shows up as compulsive behaviors to fill the void.

_____ **5. You start resenting others who are
taking risks**

Jealousy or judgment is a mirror—it's showing you where you're not letting yourself expand.

_____ **6. You avoid silence**

Stillness becomes uncomfortable because deep down, you know it will force you to confront what's missing.

_____ **7. You procrastinate on things you say
you care about**

Resistance is high when your current identity doesn't match your next level of growth.

_____ **8. You rely on "someday" thinking**

"I'll start when..." becomes the mantra, and life keeps happening to you instead of through you.

_____ **9. Your calendar is full but your spirit
feels empty**

You're doing all the things—just not the right things for your soul.

_____ **10. You keep replaying the same
conversations or thoughts**

Mental loops are a sign that your intuition is knocking, but you're ignoring the call.

Everyday Symptoms You're Operating in the Danger Zone

(a.k.a. "Your Nervous System Is Screaming")

CHECK ALL THAT APPLY:

_____ **1. You constantly feel like you're behind, even when you're ahead**

Time feels slippery, and you're racing against a clock no one else can see.

_____ **2. You multitask everything, but nothing gets your full attention**

You're doing a lot but rarely finishing anything with intention.

_____ **3. You're short-tempered and easily irritated**

Snapping at loved ones, coworkers, or every person who isn't acting exactly the way you think they should becomes your baseline... even when you don't mean to.

_____ **4. Your body is showing signs of wear**

Headaches, fatigue, gut issues, muscle tension... your body is waving red flags, but you keep pushing through.

_____ **5. You're skipping meals, workouts, or rest just to keep up**

Basic needs feel like luxuries.

_____ **6. You're reactive, not responsive**

Every email, text, or request feels like an attack. You're always bracing for the next thing.

_____ **7. You're rushing through life like it's one big checklist**

You cross things off, but never feel like you've arrived anywhere meaningful.

_____ **8. You say "yes" to everything even when your gut screams "no"**

Boundaries feel impossible when you're in survival mode.

_____ **9. You can't sit still or be present**

Even in moments of stillness, your mind is racing toward the next fire to put out.

_____ **10. Your nervous system is stuck in "go mode"**

Rest feels unsafe. Doing more feels like the only way to stay afloat.

Everyday Signs You're Living in Your Sweet Spot

(a.k.a. "Your Nervous System is Regulated & Your Soul is On Fire")

CHECK ALL THAT APPLY:

_____ **1. You wake up excited for the day**
Not every day is perfect, but there's a genuine spark of aliveness.

_____ **2. You feel both focused and relaxed**
You're productive, but not frantic. Grounded, not bored.

_____ **3. You trust yourself to handle anything**
Even hard things don't shake you & you meet them with clarity and confidence.

_____ **4. You take action without overthinking**
No spirals. Just clean, aligned decision-making.

_____ **5. Your energy feels steady and sustainable**
You get things done and have energy left for joy, connection, and fun.

_____ **6. Creativity flows naturally**
Ideas come easily and you're not afraid to bring them to life.

_____ **7. You're magnetic to opportunities and people**
You're not chasing...you're attracting.

_____ **8. You can sit in discomfort without spiraling**
Growth doesn't scare you. Emotions can be part of your daily life without taking you down. You can witness all the thoughts trying to hold you back & keep walking forward towards your next action.

_____ **9. You're playful, calm, and take life a little less seriously**
You laugh more. You judge less. You're here for the experience.

_____ **10. You feel on purpose**
You may not know every step ahead, but you feel aligned with where you're going.

We all know stress is a problem — but most of us don't really understand where it's coming from.

After 15 years of working with people on their health, well-being, and inner transformation, I've found that stress rarely shows up in just one area. It's woven into the way we think, the way we move, the way we avoid, and even the way we trust ourselves (or don't).

At Evolve Beyond Limits, we've identified six root-level stressors that most often block people from living a life of fun, freedom, and fulfillment. When you begin to work with these areas, everything starts to shift — from the inside out.

The Six Categories

Physical health

Mental Health

Relationship with Time

Avoidance & procrastination

Confidence and self belief

Trust

The following assessment will help you identify your imbalances so you can move forward with clarity, confidence, and control.

This isn't about judgment — it's about awareness. And awareness is the first step toward freedom.

Let's
begin.



Instructions

How to Take the Assessment:

1. Go through each category & rate yourself honestly.
2. Add up the total score for each section.
3. Write the total at the bottom of each category.
4. The category with the highest score is where to focus first — it's likely causing the most stress in your life right now.

Stress Assessment

Physical Health

I experience fatigue & low energy levels most days or rely heavily on caffeine to get through the day.

1 2 3 4 5

Rarely

Sometimes

Often

I frequently have headaches, muscle tension, or physical discomforts.

1 2 3 4 5

Rarely

Sometimes

Often

I struggle to get restful sleep or maintain a consistent sleep schedule.

1 2 3 4 5

Rarely

Sometimes

Often

I often skip meals, make poor nutritional choices, or put my health last because of my schedule or stress.

1 2 3 4 5

Rarely

Sometimes

Often

Total _____

Stress Assessment

Mental Health

I feel mentally overwhelmed or find it hard to focus on tasks.

1 2 3 4 5

Rarely

Sometimes

Often

I often feel anxious, nervous, or "on edge" through the day.

1 2 3 4 5

Rarely

Sometimes

Often

I have trouble relaxing or quieting my mind, even during downtime.

1 2 3 4 5

Rarely

Sometimes

Often

I find it difficult to be present in the moment without replaying past mistakes or worrying about future plans.

1 2 3 4 5

Rarely

Sometimes

Often

Total _____

Relationship with Time

I often feel rushed or that there aren't enough hours in the day.

1 2 3 4 5

Rarely

Sometimes

Often

I struggle to prioritize tasks and feel like I am constantly juggling too many things.

1 2 3 4 5

Rarely

Sometimes

Often

I frequently miss deadlines or feel behind in my work or responsibilities.

1 2 3 4 5

Rarely

Sometimes

Often

I find it hard to allocate time for activities that help me recharge (like hobbies, fun, or time with friends).

1 2 3 4 5

Rarely

Sometimes

Often

Total _____

Avoidance & Procrastination

I tend to delay or avoid tasks that feel overwhelming or difficult.

1 2 3 4 5

Rarely

Sometimes

Often

I often feel guilty or stressed about tasks I haven't completed.

1 2 3 4 5

Rarely

Sometimes

Often

I avoid difficult conversations or decisions, which later causes more stress.

1 2 3 4 5

Rarely

Sometimes

Often

I find myself distracted by small or unimportant tasks instead of focusing on priorities.

1 2 3 4 5

Rarely

Sometimes

Often

Total _____

Confidence & Self Belief

I often doubt my abilities & worry about making mistakes/not meeting expectations.

1 2 3 4 5

Rarely

Sometimes

Often

I feel disconnected from myself & struggle to ask for what I want or need.

1 2 3 4 5

Rarely

Sometimes

Often

I frequently compare myself to others, which makes me feel less confident.

1 2 3 4 5

Rarely

Sometimes

Often

I struggle to make decisions without excessive doubt or reassurance from others.

1 2 3 4 5

Rarely

Sometimes

Often

Total _____

Trust

I love to help others, but I struggle to ask for/receive help from others.

1 2 3 4 5

Rarely

Sometimes

Often

I find it difficult to let go of control & delegate tasks to others.

1 2 3 4 5

Rarely

Sometimes

Often

I avoid new experiences because of the uncertainty or discomfort they bring.

1 2 3 4 5

Rarely

Sometimes

Often

I feel frustrated or out of control when things don't go according to a set plan.

1 2 3 4 5

Rarely

Sometimes

Often

Total _____

What to Do Next:

Now that you've identified the category with your highest score, that's your starting point.

This is where your system is asking for support & therefore, where you have the most potential for transformation.

To help you stay focused and track your progress, we've included two tools that are simple, powerful, and designed to create momentum over time (you can find a copy of each one at the end of the workbook)

Nightly Reflection Sheet

Use this each evening to celebrate your wins, reflect on what worked (and what didn't), and set clear intentions for the day ahead.

You'll also find journal prompts within each stress category to help you deepen your awareness and release what's no longer serving you.

Weekly Action Tracker

Consistency creates change. This tracker helps you stay accountable to the small, aligned actions you're taking each day — and gives you a visual snapshot of your effort.

We've included category-specific examples to help you get started and stay inspired.

These tools aren't about perfection, they're about progress.

Use them. Reflect often. Stay honest.

And remember: This is a process, not an event - the path to freedom is built one conscious step at a time.



Physical Health

Goal: Improve energy, reduce tension, and promote restful sleep.

1. Daily Movement:

- Encourage at least 20–30 minutes of movement each day (the 3 ways to optimize movement are strength, endurance, and flexibility.) Pick the one you need to improve upon and focus on that to boost energy, release physical tension, and detox.
- Aim for 8-10k steps per day.

2. Nutrition Awareness:

- Eat 3, nutrient-dense meals every 3–4 hours to stabilize energy and prevent blood sugar dips.
- Don't leave your meals to chance. Plan your meals & have healthy snacks on hand to avoid skipping.
- Bonus: get out and walk for 5 minutes after each meal to improve blood sugar utilization!

3. Get your Zzz's:

- Introduce a consistent sleep routine, aiming for 7–8 hours per night. Ideally, waking up before the sunrise and going to bed before 10pm to give your body the best chance to recover and heal itself.
- Wind down 30 minutes before bed by avoiding screens, practicing relaxation techniques, or reading.

4. Hydrate:

- Regular hydration is essential for energy and focus.
- Make a rule to drink 1 full glass of water in the morning before your coffee or tea to get a head start on the day
- Bonus: add a pinch of salt to your water for better hydration.

Tracker Ideas:

- Moved for 20-30 minutes (Jot down which one - strength, endurance, flexibility)
- Step Goal Met (8k-10k)
- Ate 3 nutrient dense meals
- Planned meals/snacks ahead of time
- Got 7-8 hours of sleep
- Wind Down Routine (30 mins screen free)
- Evening Meditation Complete

Reflection Questions:

- How were my energy levels today? Did I notice anything after my meals, waking up, falling sleep, or after my workouts?
- Have I noticed any changes in my digestion?
- What small choice supported my well-being most today? How can I repeat that tomorrow?
- Where did I feel the most resistance today when it came to movement, food, or sleep? What might that resistance be trying to tell me?

Mental Health

Goal: Foster calm, clarity, and resilience.

1. Meditation Practice:

- 5–10 minutes of meditation daily to reduce anxiety and increase focus.

2. Journaling:

Write down stressful thoughts or anxieties as they arise. Acknowledging and recording worries can help relieve mental pressure. Journaling helps us clear mental and emotional clutter which is what makes it so powerful!

Here are some prompts to get you started:

- What am I holding onto right now that I no longer want to carry?
- If I woke up tomorrow with zero obligations and total freedom, how would I spend my day?
- What am I curious about right now even if it makes zero sense or feels totally random?
- If money wasn't a factor and success was inevitable, what would I be spending my time and energy working on?
- What distractions are stealing my peace lately, and what boundary would support me better?
- When I quiet the noise, what truth do I hear?
- What thought is looping in my mind—and what do I want to believe instead?

3. Limit Screen Time & Distractions

- Make it a point to lock yourself out of your phone/screens for an hour before bed and an hour after you wake up (especially social media, news, emails, etc to reduce information overload and support mental clarity.)
- Commit to 1 distraction free walk per day (no -podcast, no music, no phone)

Tracker Ideas:

- 5-10 minutes of meditation completed
 - Journaling practice (even 2-3 lines counts!)
 - 1 hour of screen free after waking up
 - 1 hour screen free before bed
 - Distraction free walk completed (no tech)
 - Shared walk or screen free moments with family/friends
-

Reflection Questions:

- Did I feel more present and less overwhelmed today than I have in the past? When did I notice it?
- How was my mental focus and clarity today?
- What self-talk showed up for me today? Was it more compassionate or kind than it used to be?
- Were there any situations that I handled differently today than I would have in the past? What felt different?

Relationship with Time

Goal: Increase focus, take control of your time, & get your life back.

1. Slow Down:

- When we rush through life, we often make mistakes, miss opportunities, & not to mention stress out ourselves & the people around us.
- Make it a point to slow down & be more intentional with everything you do (walking, talking, eating, etc)
 - Use the Navy Seal Mantra if it is helpful “Slow is smooth and smooth is fast”

2. Give Your Time a Job:

Time is like money, if you don't give it a job to do then it will slip right between your fingers and you will be looking around wondering what the heck just happened to all your time. Most people have time they just don't plan their time appropriately.

- If you fail to plan, you plan to fail. Plan your day the night before. Plan your week on Sunday.
 - First place the vital things on your calendar (fun (yes, this is vital!), health, family/connection, self-care, etc) then begin to fill in the time with work, commitments, etc.

3. Single tasking:

- Multitasking is one of the best ways to get significantly less done and get it done to a lesser quality.
- Practice doing 1 thing at a time. Operation Single Tasking!

Tracker Ideas:

- Planned my day the night before/planned my week on Sunday
 - Intentionally slowed down one activity
 - Gave my time a job (scheduled vital activities first)
 - Practiced single tasking (no multitasking moments)
 - Made space for something fun
-

Reflection Questions:

- Where did I notice myself rushing today? What happened when I slowed down?
- What's one way I created space for what matters (fun, health, connection) in my schedule today?
- What's one thing I planned ahead (last night or this week) that helped me stay on track?
- Did I give my time a job today or did it feel like it slipped away from me?
- Where did I trade reactivity for intentionality today—and what impact did that have on my stress level?

Avoidance & Procrastination

Goal: Develop a proactive approach to tackling tasks and responsibilities.

1. The “Big Three” Priority List:

- Set three top priorities each day (ideally, the night before)
- Completing these first thing in your day can create momentum and reduce the feeling of being overwhelmed.

2. Break Down Tasks:

- Break larger tasks into small, manageable steps and focus on completing just one step at a time.
 - Take the time to write down all of the tasks, place them in order of what needs to be done first. Immediately take action on the first step.
- Create an avoidance list & take 15 minutes at the beginning of each day to complete at least one thing off of it.

3. 2-Minute Rule:

- If a task will take two minutes or less, they complete it immediately to prevent buildup & clutter.

4. Identify Triggers:

- Note when and why they tend to avoid tasks, whether due to overwhelm, fear of failure, or lack of interest. Awareness can help with tackling specific patterns.

5. Accountability:

- Pair up with a colleague, friend, or coach to provide gentle accountability on tasks they tend to put off, creating a sense of commitment.

Tracker Ideas:

- Completed my “Big 3” Priorities
- Wrote down a big task and took action on the first step
- Completed 1 things from my “avoidance list”
- Checked in with an accountability partner/coach
- Used the 2 minute rule at least once today

Reflection Questions:

- What did I notice about my energy or mood after completing something I have been avoiding?
- Did I complete my “Big 3” today or did I avoid something? What helped or got in the way?
- When did I catch myself procrastinating & what was I feeling or believing in that moment?
- Did I use the 2-minute rule today? How did that affect my sense of momentum or clutter?

Confidence & Self-Belief

Goal: Build self-assurance and encourage a growth mindset.

1. Try something new:

- Trying new things is one of the fastest ways to gain confidence.
- Hire a coach in that area to make the process even easier and more fun!

2. Celebrate Small Wins:

- Keep a “wins” journal, noting achievements each day to reinforce their abilities and accomplishments.

3. Rewrite Your Self Talk:

- Pause during self-criticism and reframe mistakes as learning opportunities.
- Look at yourself through the lens of curiosity & wonder instead of judgement & criticism. Use the filter of “would I say it to my best friend or my kid?” If the answer is no, then you have an opportunity to reframe it & choose differently.

4. Set Personal Growth Goals:

- Set realistic, incremental goals, such as improving a skill or learning something new. Small successes build confidence over time.

Tracker Ideas:

- Logged my “daily wins” in my confidence journal
- Tried something new or took a small risk (asked for what I wanted, sent an order back that was incorrect, spoke up in a meeting, tried a new class, struck up conversation with someone at the grocery store, etc)
- Worked toward a personal growth goal (big or small step counts)
- Spoke to myself like I would speak to someone I love
- Listened to my “Step into Vibrancy” meditation or listened to something inspirational today

Reflection Questions:

- What is one small win I am proud of today even if it felt insignificant in the moment?
- What would I tell a friend or a child in my shoes today? Did I offer myself that same compassion?
- What is one area I have grown in recently, even if the progress feels slow?
- Did I try something new today or stretch outside my comfort zone? How did it feel?

Trust

Goal: Foster open communication, collaboration, and trust.

1. Set and Communicate Boundaries:

- “Communicate (speak up!) when it comes to your boundaries & expectations around work, availability, or support. This will help others respect your needs and create mutual trust within the relationship.”
- Practice saying “no” to things that you are doing from a place of obligation, “should’s,” “supposed to’s,” pressure, or fear of disappointment.

2. Ask for Support & feedback:

- Practice asking for help or feedback, starting with small requests to build trust and reduce any fear of disappointment.

3. God Box:

- We don’t have to hold everything ourselves.
- The God box is the perfect way to practice letting go and asking for help on things that are out of our control.
 - Access the God Box Instructions on the next page

Tracker Ideas:

- Asked for support or feedback (big or small)
- Used my God Box
- Spoke up about an idea or feeling
- Let go of a “do it all myself” moment and invited collaboration
- Chose to trust (myself, others, or the process) in one decision
- Said “no” or communicated a boundary clearly and respectfully

Reflection Questions:

- Did I say “no” today or clearly communicate a boundary? What was the outcome? How did it feel before, during, and after?
- Did I ask for/receive support or feedback today, even if it was small? What did I notice afterward?
- What am I holding onto that I could place in my God Box or hand over to something greater?
- When did I choose to trust (myself, someone else, or the process) today? How did it change my energy?

Instructions for Using the God Box

Step 1: Write Your Worry List

Set a Timer for 10 Minutes

- Start by setting a timer for 10 minutes. This is your time to unload everything that's weighing on your mind.

Step 2: Use the God Box

Have Fun with the Process

- Using the God Box should be a playful and creative process. Each time you find yourself ruminating, worrying, or struggling to find clarity, grab a card, post it, etc and write down what's on your mind.

Ask Yourself a Key Question

- After writing down your worry or concern, ask yourself:
 - "Has God already given me the next step and I'm just refusing to take it?"
 - If the answer is "Yes": Write down the next action you need to take. No more thinking, just trust that this is the right step. Ask God for the courage to take this action, then use the "5, 4, 3, 2, 1, GO" method to propel yourself into action. Notice if this step leads to another, and continue one step at a time. Remember, you don't need to see the whole plan; just take the next step.
 - If the answer is "No": Place the card in the God Box and ask God to show you the next step when the time is right. Pray for the patience to wait for that step and the courage to take it when it comes. You may also need to ask for help in letting go and surrendering to whatever outcome is beyond your control. Placing the card in the God Box symbolizes handing over the burden.

3. Surrender with a Prayer or Mantra

As you place the card in the God Box, use this prayer or mantra:

- "God, I hand this worry to you knowing you are always with me & you will show me the way when the time is right. I embrace whatever happens according to Your Will. Let whatever must go, go. Let whatever must come, come."
- This reinforces your trust in the process and helps you surrender to the outcome, whatever it may be.

Repeat

Use the God Box as often as needed. It's a tool for releasing worries, finding clarity, and building trust in the process of life.

How to Make Progress Without Burning Out

This isn't about fixing everything at once — it's about creating momentum that actually lasts.

You don't need to change everything right away.

In fact, trying to do too much too fast often backfires.

From years of experience, I've found that when you focus on improving just one area of your life for 90 days, the positive impact spills naturally into every other part of your world.

Here's how to do it:

Start with ONE recommendation from your top stress category

Work with it for a week, then build on it. Little shifts. Big ripple.

Two of the fastest ways to burn out:

1. The All-or-Nothing Mentality

Replace it with:

- "Do something."
- "What CAN I do with what I have?"

You always have a choice:

You can find **every excuse why you can't**, or every reason why you can.

Choose wisely.

2. Trying to Do Too Much, Too Fast

Change requires tension — but it doesn't require pain. Find your current edge (the space between comfort and overwhelm) and stretch just enough.

- **Example:** If you haven't worked out in months, don't aim for 7 days a week. Start with 2–3 days this week. Then build.

Choose Consistency Over Perfection

Trying to "get it perfect" is often just sneaky self-sabotage in disguise. Instead:

- Aim for 80%, not 100%.
- Create simple rules that support you (like "Don't miss two days in a row").
- Trust that showing up *consistently*, even imperfectly, is where transformation really happens.

Final Thought

You don't need to do everything.

You (this 'You' seems slightly off in alignment) just need to do **something** — and keep going.

This is your invitation to **honor your pace**, trust the process, and evolve beyond the limits you once thought defined you. I cannot wait to hear about your progress!

Ready to Turn Stress Into Strength?

You don't have to keep pushing, pretending, or piecing it all together on your own. If you're ready to transform stress into your greatest source of clarity, confidence, and freedom; we've got you.

- ✦ **Explore more tools + resources:** Tune into the latest episode of the Evolve Beyond Limits podcast
- ✦ Book your complimentary Clarity Call with Stacy at **EvolveBeyondLimits.com**

This is your next step toward freedom — and we're here to walk it with you.

Nightly Reflection Sheet

Nightly Reflection:

“The Gap focuses on what’s missing. The Gain celebrates how far you’ve come.”

— Inspired by Dan Sullivan & Dr. Benjamin Hardy

Celebrate

Prompt: What are 3 good things that happened today? (These can be small wins, moments of connection, mindset shifts, or simple pleasures.)

1. _____
2. _____
3. _____

Gratitude

Prompt: What am I genuinely grateful for right now — about myself, my day, or my journey? What made today special?

What changes do I need to make?

Prompt: Is there one moment or choice today I'd like to shift, grow from, or do differently tomorrow?

Set the Tone for Tomorrow

Prompt: What is my intention for tomorrow? (How do I want to feel, show up, or move through the day?)

Tomorrow I intend to...

Weekly Action Tracker

Activities	S	M	T	W	T	F	S

Notes



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