

THE PRACTITIONER'S WELLBEING

REFLECTION & RENEWAL AFTER FIVE YEARS

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ARRIVE FULLY

OPENING GROUNDING

OUR PATH

REFLECTION → RENEWAL

BUILDING YOUR SUSTAINABILITY PLAN

MIRROR

- INVISIBLE GROWTH
- WHAT REALLY FUELS YOU



PLAN

- CAPACITY CONDITIONS
- SUSTAINABILITY PLAN

KNOWING SIGNS
OF DEPLETION

PROTECTING OUR
WELLBEING

THE LAST  FIVE YEARS HAS BEEN...

MIRROR

INVISIBLE GROWTH



UNSEEN LABOR

CAPACITY FATIGUE

You're skilled and reliable, so you keep going (and going!)

STRONG ENOUGH

You're seen as the steady one, the capable one. That strength becomes its own responsibility.

OVERFUNCTIONING REQUIREMENT


You anticipate needs, fill gaps, fix problems, and keep everything moving

SAFE DISTANCE

To protect your energy, you create emotional space. It works, but maintaining it is its own labor.

THE MIRROR
IF I'M HONEST...

The work has surprised me in these ways..	The work has changed me in these ways..
I learned I have the capacity to...	What I'm proud of and rarely say out loud is...



OUR MIRROR



PART ONE | INVISIBLE GROWTH

“BUT I FEEL RESPONSIBLE”

“I CAN’T DO ONE MORE
THING.”

“I’M GOOD AT THE WORK BUT
TIRED OF THE SYSTEM.”

“I’M NOT OVERWHELMED BY THE
PEOPLE — I’M OVERWHELMED BY
THE PACE.”

“MY PATIENCE IS
REAL, BUT IT’S
RUNNING ON LOW.”

“I’M NOT DONE.
I JUST NEED A
MOMENT TO
BREATHE.”

“I’M NOT BURNED OUT — I’M
JUST STRETCHED THIN.”

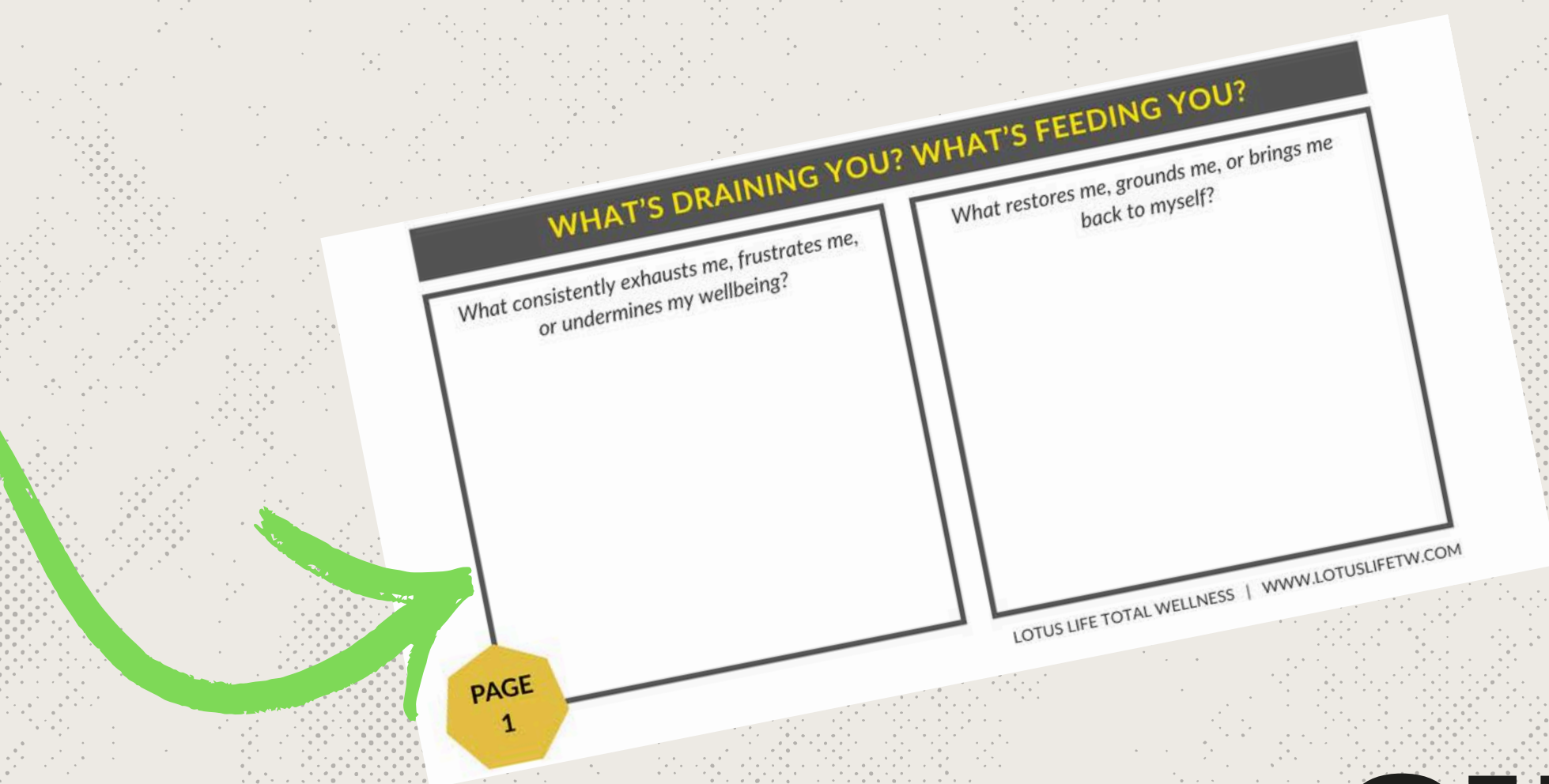
“I’M SHOWING UP, BUT
NOT THE WAY I WANT
TO — BECAUSE I’M
EXHAUSTED.”

“I KNOW WHAT TO DO, I JUST
DON’T HAVE THE ENERGY TO DO
IT RIGHT NOW.”

“I STILL LOVE WHAT
I DO, I’M JUST
EXHAUSTED.”

“I CAN HOLD A LOT, BUT I’M
TIRED OF HOLDING IT ALONE.”

“SMALL THINGS ARE
STARTING TO FEEL BIG.”



OUR MIRROR

PART TWO | FIND YOUR REAL FUEL

PLAN

HELD + HOLDING



RULES

3 PRACTITIONER BOUNDARIES

ENERGY

What deserves the best of you.

Protects your
reserves from being
drained by what isn't
essential.

TIME

The hours that must remain yours.

Guards how you spend
time so you can show
up steady, not
stretched thin.

EDGES

Care deeply, carrying little.

Holds the line between
being present and being
consumed.

ENERGY

TIME

EDGES

WE WILL HIT MOMENTS WHERE WE HAVE TO DECIDE
BETWEEN **WHAT THE SEASON IS ASKING OF US** AND
THE CAPACITY WE HAVE

REST

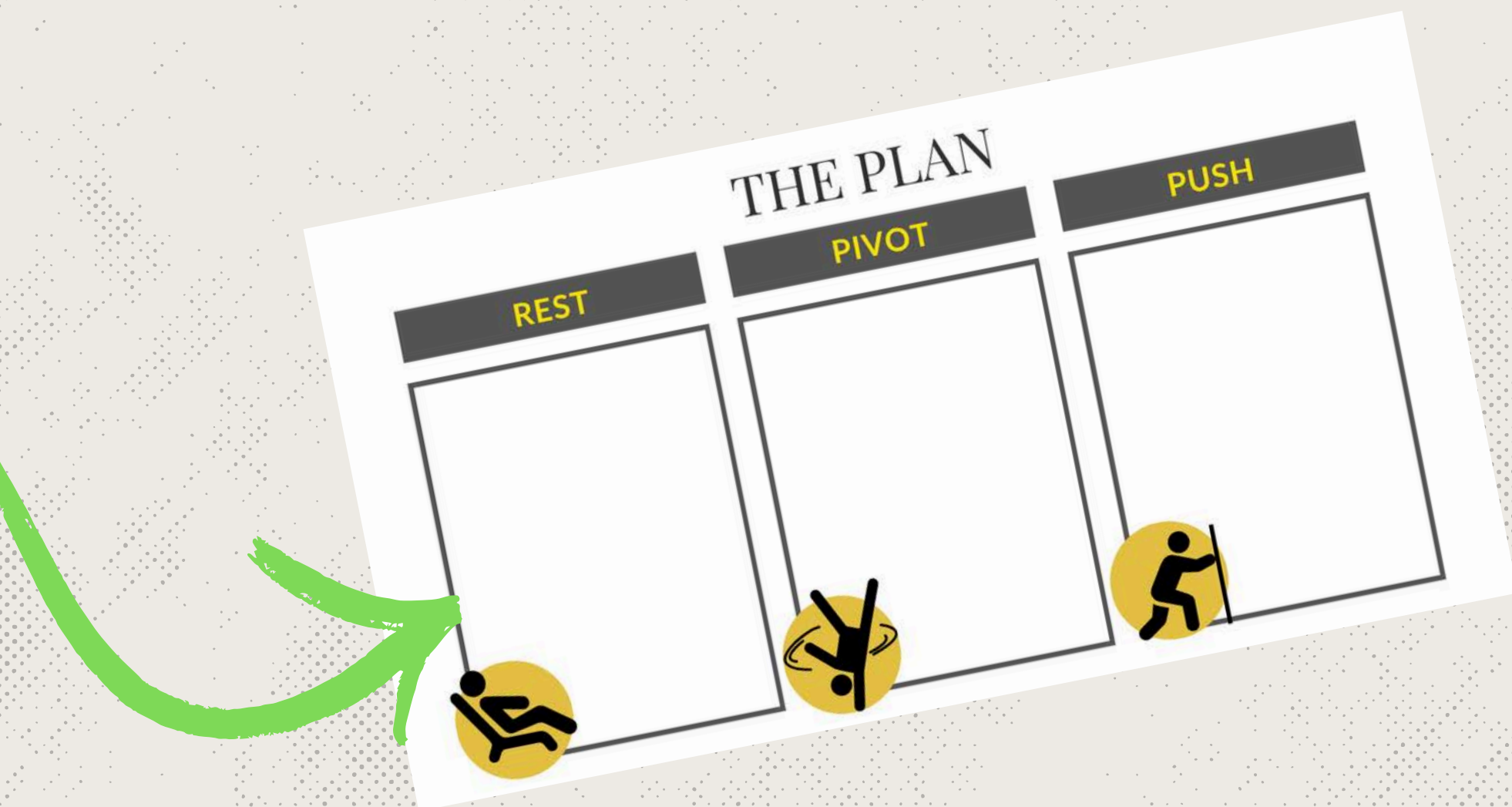
PIVOT

PUSH

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PLAN GROUNDED

BODY WISDOM FIRST



OUR PLAN

PART ONE | CAPACITY CONDITIONS

YOUR PERSONAL SUSTAINABILITY PLAN

What I will no longer sacrifice... (time, body, rest, family, joy, creativity, safety)	What I will protect more intentionally... (compassion, energy, mental space, boundaries)	What I will cultivate in my next five years... (new roles, stability, mentorship, wellness, balance)
In the next phase of my work, I am becoming someone who...		

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OUR PLAN

PART TWO | SUSTAINABILITY PLAN

IN THE NEXT PHASE OF MY WORK, I AM
BECOMING SOMEONE WHO...

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