

THE ESSENTIAL  
GUIDE TO

# Redefine Your Life

(WITHOUT BURNING OUT)



BY  
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ROOTED  
REINVENTION

# INTRODUCTION



**We reinventors have a strong drive to grow.**

It's one thing to feel a sense of more, a pull towards an idea or a truth. It's another to feel **alive** throughout most of your day.

It's time to embrace **the next chapter** of your life, the next 'level up', without ignoring or discarding everything you've done and been before.

The idea of reinventing **ourselves or our path** can be overwhelming, but by staying rooted, I believe we have a fire inside which gives us energy and confidence to **move forward**.

Without that **clear path** mapped out, **motivation** to change, and **clarity around our potential**, we tend to procrastinate and feel lost. We feel the pull to change everything, when **redefining how we see the world** can be just as powerful.

If you're anything like me, you may spend a lot of time either taking lots of free online courses or surfing youtube videos of cats. **Overwhelm, Exhaustion and Anxiety are a toxic trio.**

Whereas when we feel alight with that **inner fire**, and we can combine this inner strength with a **clear sense of direction**, we make progress on our goals, become more mindful in our daily routine, and go to bed feeling **fulfilled** even on difficult days.

Maybe even especially on the difficult days. Because nothing increases my wellbeing and mental health like feeling fulfilled and believing the mission I'm on **matters**.

This workbook outlines the two sides of the coin: connecting with your inner fire to fuel action and learning to read your inner compass - joining that intuition with those practical goals. **So your reinvention is rooted in strength and clarity.**

These points are explored to get you from feeling stuck in the mud to taking that next step forward. **Let's do this.**

*Katy Rose*

## THE FOUR STEPS IN SUMMARY

You **know** there's more to your future and your potential than who you currently are. You may even know **what** needs to change.

But it's not that easy.

Else we'd all be there, heading up that mountain towards potential-self.

As a creative soul, seeker or a dreamer, you likely have **some** inkling of how things will look, be or feel when you're on your 'Right Path'.

### The Problem?

We're not taught how to read our inner compass (direction), nor how to stoke our inner fire (motivation). We feel lost. Everyone has an opinion. We try so many things.

**Let's change that.** This is your guidebook to those first steps so you move forward towards your true Potential self.

## Unlocking Your Inner Motivation

Before we look at what we want to change, we need to explore 'why.'

Too many times we make plans to change our lives, then run out of motivation and lose momentum.

Having a clear, deep-rooted motivator is priceless, and the step too many people skip.

The two sub-steps for Motivation are:

- **Define Your Why**
- **Balance Your Energy**

## The Mapping Process

For some, having a 'definite destination' is either too limiting or too far off for them to think about. The path ahead is unclear.

So in those cases, having a compass to guide us in the 'rough direction' can be a great place to start making progress, without committing to either following and uncovering a trail through the brambles, or blazing a whole new trail only to find a dead-end.

The two sub-steps for Clarity are:

- **Reflection & Redefinition**
- **Comparing Your Visions**



A lit candle in a lantern with matches scattered on a wooden floor. The scene is dimly lit, with the candle providing the primary light source. The lantern is made of dark metal with a glass chimney. The matches are scattered on a dark wooden floor, some standing upright and some lying flat. The overall mood is warm and contemplative.

THE SECRET OF  
MOTIVATION

# Ignite Your Inner Fire

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## INNER FIRE: DEFINE YOUR WHY

Before you make any changes, it's crucial to know where you are and what's working for you right now. I always start with the "You Are Here" space because, without that, a map or compass will be useless.

### Start Where You Are

You need to know what has got you to this point. Think about any project, goal, change or experience you may have made a choice about. Anything where you've been motivated to change your routine or learn a new skill.

What do you feel "motivates" you right now?

What has pulled you or pushed you to this place?

What do you already know about motivation and how you feel energised?

How much time do you spend on things which ‘energise you’?

## Understand Your Passions

*“Those who have a ‘why’ can bear with almost any ‘how.’”*  
– Victor Frankl, quoted from *A Man’s Search for Meaning*.

One of the first places to find that fuel is to think of things that you feel passionate or even angry about.

For me, that starts with common themes of injustice, human rights violations and moves closer to home as I think about drivers who cut me up on the road or hearing people use stigmatising language about mental health.

**What gets you fired up?**

List anything that comes to mind.

**What do you climb on a soapbox for?**

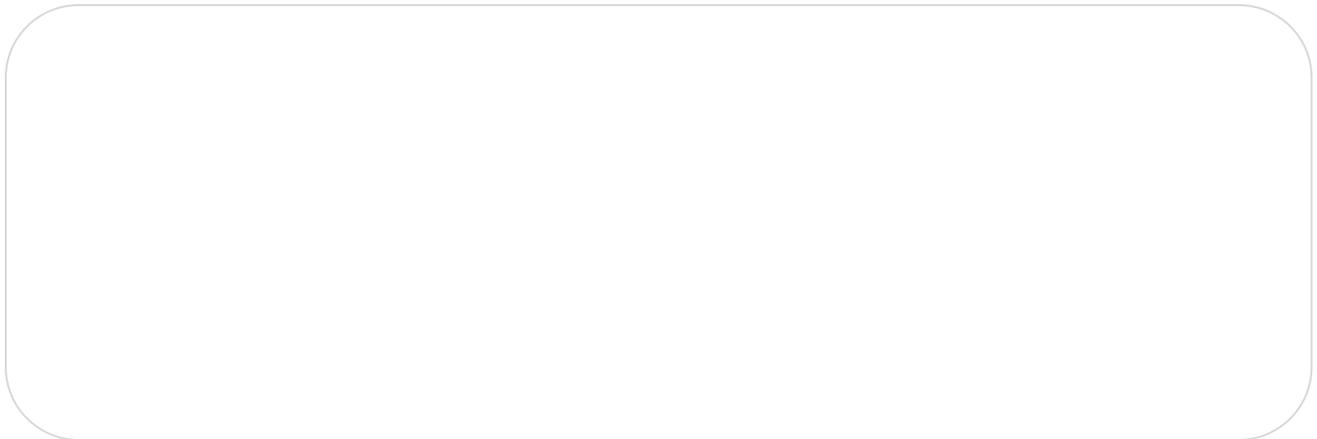
Start as ‘serious’ or as mundane as you like.

## Start with the Goal

This mission, and the 'whys' we'll come to in a moment are your north star, your guiding lighthouse in the distance, your next step. So it's worth spending a while thinking this through. Come back to the exercise as your energy wanes and see what else is hiding under the surface.

This is not a quick-fix, but a long-term truth to uncover. Without a destination (or at least a vague direction to head in) we can't begin to plot out a course or take those first steps.

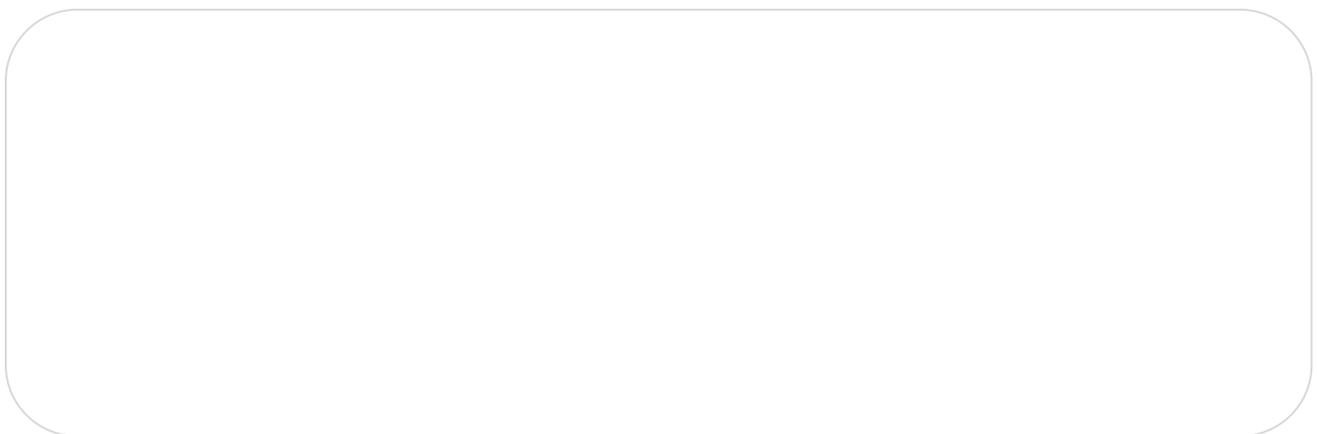
So for this exercise, what's your goal? What is the main behaviour you're looking to make easier to change?



Then let's break it down into Action. Wanting to lose weight doesn't need motivation, but exercising or changing our diet might. Being a writer may not need motivation, but waking early to write, keeping away from social media as we draft or keeping focused on one specific story long enough to add to it do.

What habit are you looking to get motivated to complete?

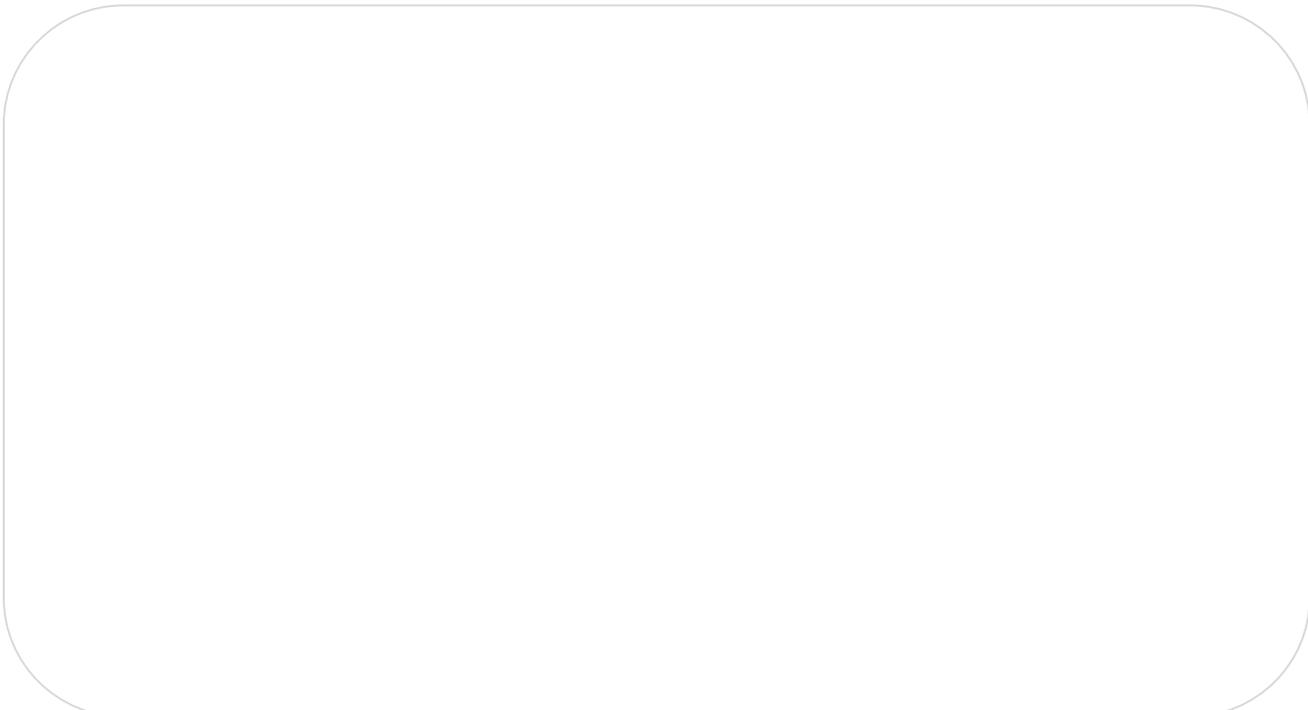
If there are many, pick one for this exercise.



Why do you care about this change, this project, the truth?



Why would anyone else care about this?

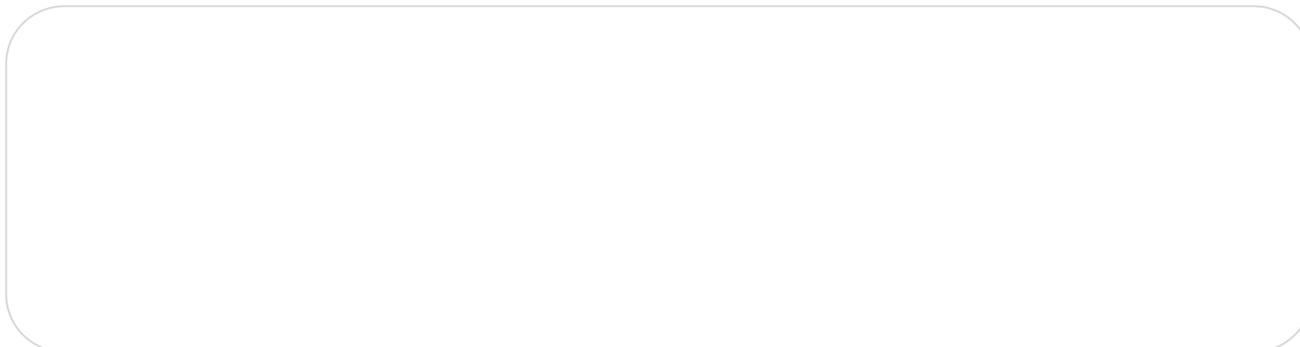


# Delve Deeper

Once you know AN answer, we have a springboard to work through the list.

## Why that answer?

Why does it matter? Why do you care about that? What does this allow you to do?



**Little why's add up. And having multiple reasons to motivate you is invaluable.**

For example, for reasons to exercise, a list of reasons to Work Out may look like:

- *I want to look amazing next month for an event.*
- *I want to gain confidence again*
- *I want to be able to lift the printer boxes at work*
- *I want to be physically healthy enough to enjoy the later years of my life.*
- *I want to because I want to carry the DIY planks in front of my ex.*
- *Next week is going to be challenging and I want to feel like a badass warrior like Xena the warrior princess.*
- *I'm sick of avoiding mirrors and feeling guilty for my weight.*
- *I want to do a pull-up eventually; this is the first baby step.*
- *I want to take care of myself: eat well, exercise etc. So that I can fulfil my dream of \_\_\_travelling the world / playing the violin / building my own house\_\_\_.*

It's important to note that this is a practise you can use for any goal or planned change that requires a bit of willpower.

## A few notes to remember:

- It all counts. Every why can be on that list.
- It's okay for different why's on different days.
- Keep going until you find a why which works for you right now!

So list out your why's for telling your truth, creating that project or learning that skill. Whatever you **want** you will have a why. Often a few. Uncover it and let them shine.

# INNER FIRE: THE TRUTH ABOUT BALANCE

We all crave ‘balance’ in our lives, whatever that actually means. There’s a lot I could talk about with this, I have a lot of views on what we’re truly seeking under the label of balance.

However, for today, I’m just talking about balancing our “input” with our “output.”

## A Theory about Balancing Energy

You may be familiar with the “Spoon Theory” which illustrates how people with an illness or long-term conditions may struggle to do as much as other people. If this is new to you, the idea is that we all have a certain amount of energy per day. If it’s easier, you might like to think of a battery, a full bucket of sand, or a bathtub.



I take this idea a little further, believing we all have things that drain our energy or help us feel energised.

## Manage Your %

One way of measuring our energy levels focuses on these ‘spoons’ or any units of “energy used up in a task.”

*For some people, getting out of bed is 1 unit out of 50 across a day, for someone with chronic pain, it may take 10 units out of that 50.*

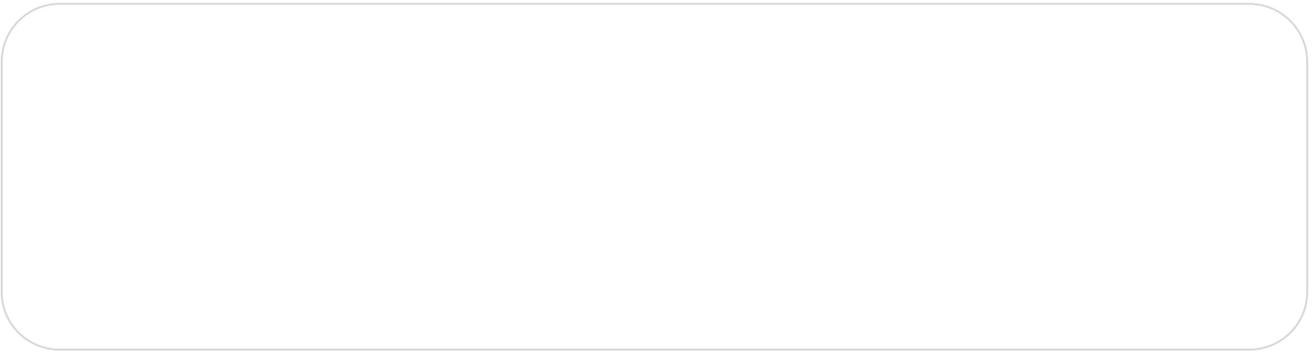
Think about the routine and unusual things you've done so far today. Make a small list of some common actions you take each day, and then put a little +, 0 or – beside it to say whether it energises, energises as much as it drains, or drains you of energy.

***An example of a weekend morning may look like:***

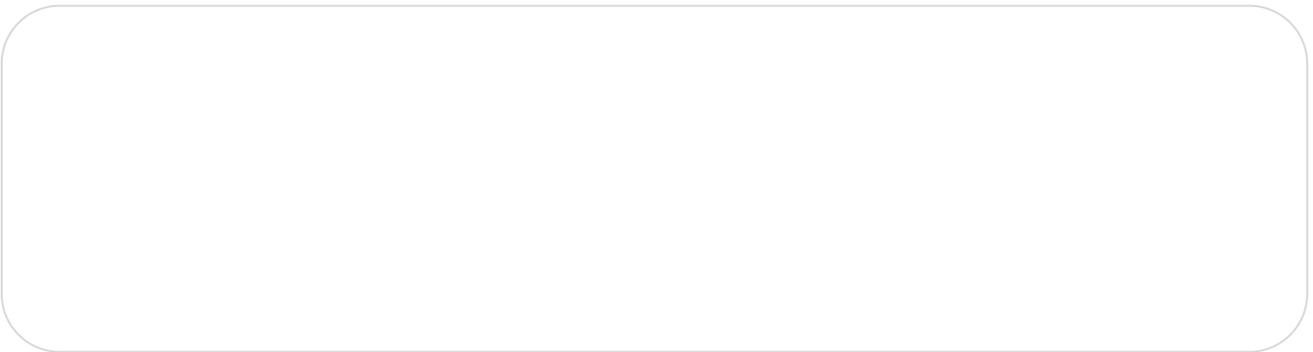
Read a book in bed	+5
Breakfast	+5
Brush teeth	0 (takes time + effort but I feel refreshed after)
Coffee	+2 (a good boost but wears off fast)
Put the washing on	-2 (struggle to sort machine out due to hip problems)

*And so on...*

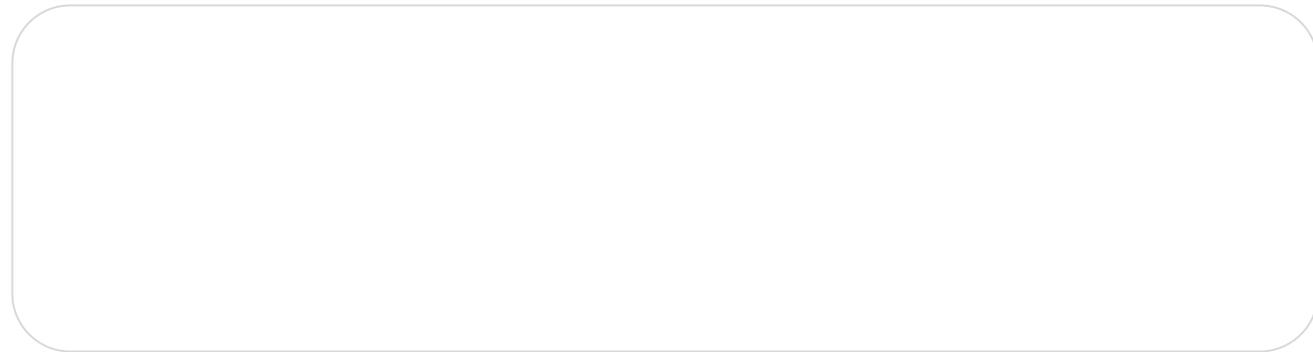
List out your key activities here:



Of your normal tasks, which ones take the most energy?



And in contrast, which activities fill you up?



Consider your current routines, and where the most energy-draining activities fall. Now, most of these activities are important; you do them for a reason. So I'm not going to suggest you change those activities right now.

However, considering the **order** of the tasks can be useful to manage burnout.

Look over those tasks again. Can you spread them out more across the week? Can you think about re-ordering things, or adding a tiny transition task that might top-up a depleting energy stash?

*Becoming aware of our energy levels and perceptions can be huge when knowing where to make changes.*

THE SECRET  
OF CLARITY

# Redefine Your Focus & Vision

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## CLARITY & FOCUS: REFLECTION

Albert Einstein is often quoted saying that “doing the same thing over and over again and expecting different results” as a definition for insanity.

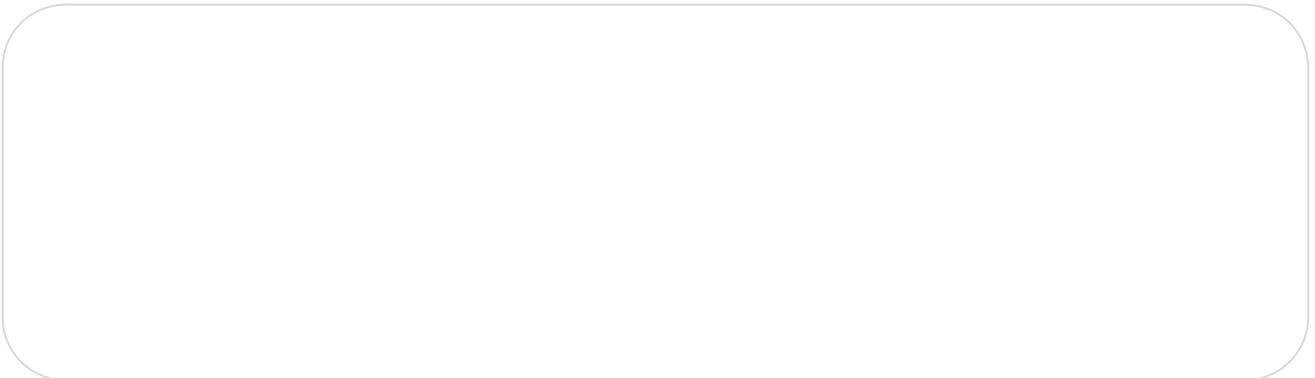
However, in the fast-paced technological world around us, we rarely have a chance to focus on what we’re doing: either upon reflecting on things we’ve done previously or setting goals for changes in the present or future actions.

So today, I’m asking you to find a little space to **reflect**: to think about how you respond to emotional events, to think about what’s working in your life right now and what blocks are holding back your creativity.

### Start Broad

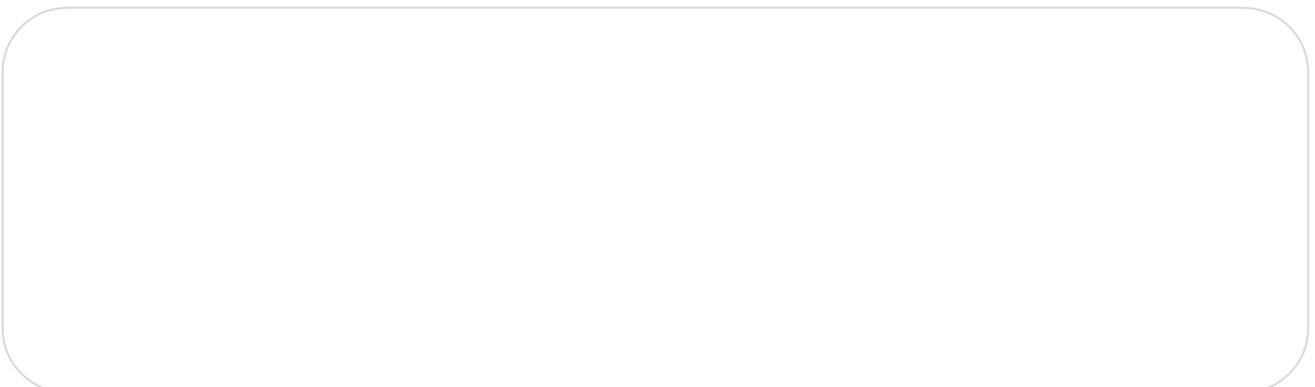
#### What does the future look or feel like?

Jot down anything you know about your ‘potential self’ or ‘right path’ - anything that will help you to see patterns in your life so far. Because your compass has been working for years, beneath the surface. *We just need to learn to read it.*



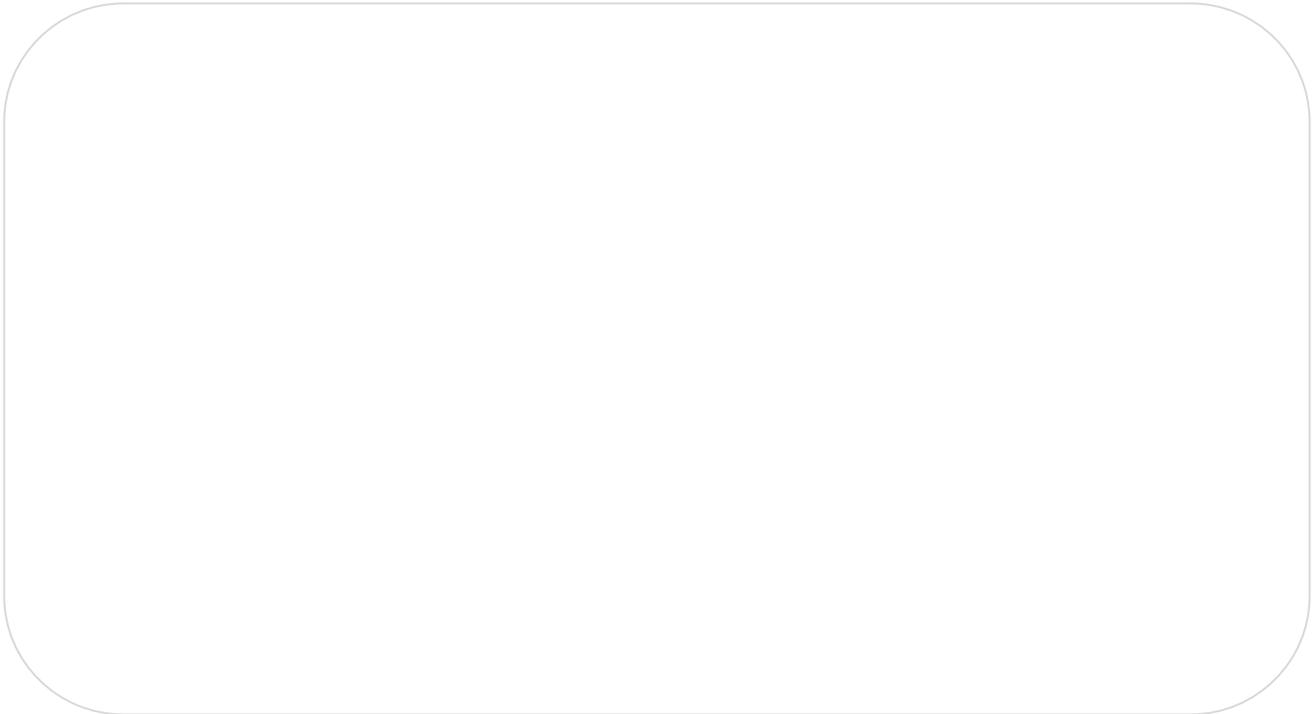
#### What do I already know?

Key skills, gifts screaming out for you to use them, favourite hobbies as a child...



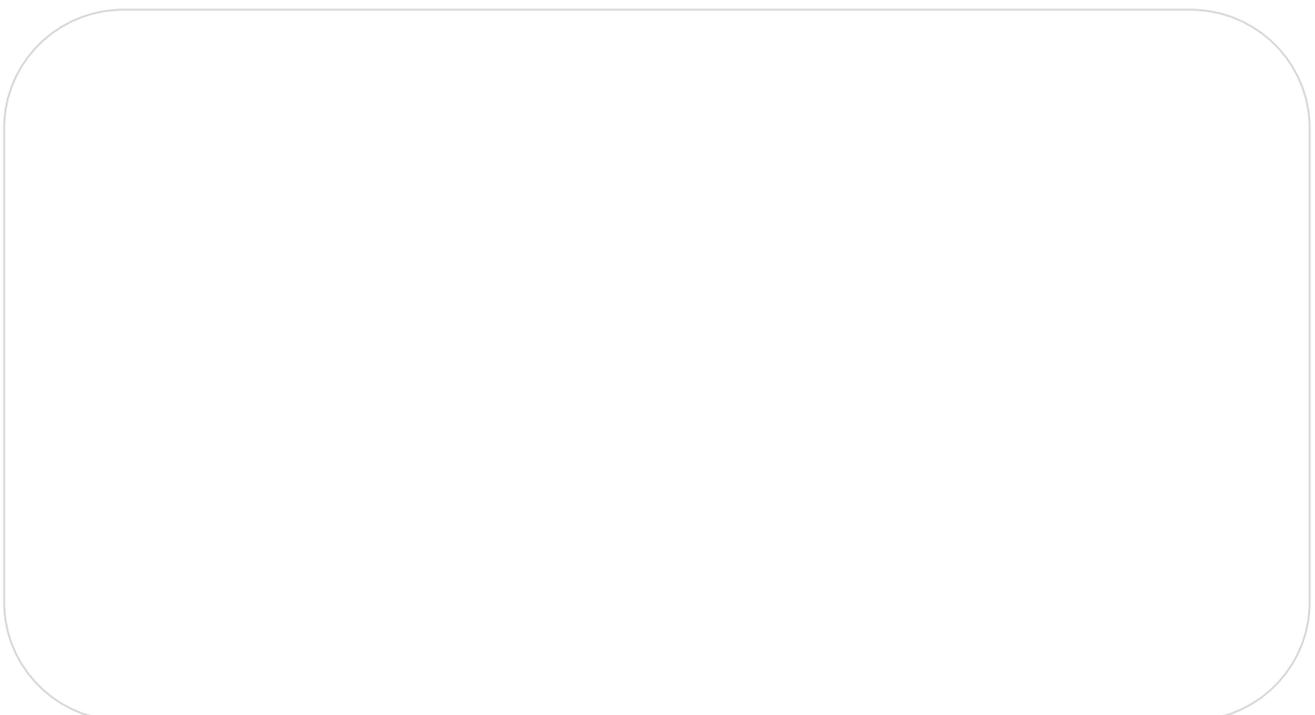
## What patterns arise?

For me, teaching adults life skills was common in ALL of my wishes, dreams, and actual past actions.



## How can I pay more attention to those themes and patterns?

This is a 'root' for your life-tree; how can you pay more attention to it? Where else does it show up in your life?



## Define Your Future

Once we have a thread to follow, it's time to 'plan' our future. However, before we move on to practical, realistic steps, this is where your inner nudges come in. We begin by envisioning a future by *feelings*.

We dream of things being different, and it's frustrating to feel so far away from that possible future. Anything which blocks our sense of progress towards our best self, or not knowing how exactly to reach a life where we are more fulfilled, feels stressful and overwhelming.

We all have changes we want to make, and there are hundreds, if not thousands of ways to set 'smart' goals, choose focus 'words', organise our time or work on visualisation to walk the path towards that potential.



Before we start thinking about changes, let's spend a few moments thinking about how we **define** our situation.

So often, when asked about goal-setting or making changes to how we feel, think, or behave, we focus on an end result, an accomplishment of some description. We think about 'reaching the end,' and often this image has a sense of being **effortless**.

However, thinking about how we define our current state, we're likely thinking about the last few days or weeks. What we did each day, how much energy we lacked, or how many things we didn't get done.

We judge our present based on our day-to-day experience.

What we want isn't always some 'outcome' but actually for our days in the future to just feel lighter; for the experience of living to be that bit better.

So in reality, to make changes to that daily feeling, we need to look at our day's current structure.

The next worksheet explores this daily-structure, with the idea of seeing what is already working and where the gaps are.

## Daily Structure

Let's review a typical day... this provides both a clue as to what is working, and what hasn't been...

Did anything today give you a sense of progress?

List any actions or events which brought you to life, got your passions going or at least brought about relief at being accomplished.

What zapped your energy today?

Think about the activities you did or the thoughts you focused on which left you feeling drained, panicked or overwhelmed.

*If there are any you can remove: do so! You may need to think about if you could do them less often, or if you could swap these tasks with another person.*

What **sense** would you like in future days?

Focus on your values. Would you choose a sense of motivation, perhaps more energy to complete tasks or just feeling free to breathe in between various tasks?

*Consider the values of the activities you listed for question 1, and see if any themes come up.*

## Are there alternatives that will meet the same need?

**Think about pace.** Although some things may be out of our control when trying to fit everything in, we can sometimes make decisions that squeeze us for time, or that we know aren't going to serve us well one those days. Think about the pace of each day when making plans, especially if you're able to 'tone down' some activities.

*For example, coffee with a friend may take too much time with travel, but when you decline, offer a 30-minute phone call to catch up as an alternative plan.*

## How would the day look, if you had more energy, more freedom or were making regular progress?

**Shape your future days.** Schedule an 'ideal' day like a diary, and notice if any of those aspects could sneak their way into your current days.

*For example, if an **ideal** day begins with 15 minutes of meditation; can you put a 1-minute mindfulness practice into place tomorrow morning?*

## If you feel you can't make even a 1-minute adjustment, why not?

What priorities come above this change, and why? Are the thoughts you're having actually true? Do you notice any particular feelings when you think about making a change to your routine: either an emotion or a physical sensation in your body?

## CLARITY & FOCUS: COMPARING TWO VISIONS

With your 'ideas' and life themes in mind, it can be hard to know what 'real life' decisions to make at those crossroads. Therefore, this is the space to really apply your motivation and vision to the crossroads you find yourself at.

Here's an example:

Option	Value	Teaching / Guiding	Creativity / Art	Home Life Balance	Energy for Self-Work
Support Work		10 hrs a week Topics: 5/10	5/10	4/10	2/10
Development Coach		20 hrs a week Topics: 9/10	10/10 [I create it!]	6/10	7/10
Group Facilitator		4 hrs a week Topics: 5/10	4/10	6/10	5/10

In this example, I've used three of my job roles, and the values I focus on when looking at career decisions. I'd aim to have 4-6 values for comparison.

As a support worker, I could teach and guide people through maybe 5 of my top ten favourite 'topics', while as a group facilitator, I only ran three different groups, which each had one specific topic.

I'm looking to spend as much of my 40 hours as possible doing this work I love: so the highest the number of hours doing that, the better. Doing 90% of my best work for 20 hours a week is a pretty happy number, compared to only doing 4 'fun' hours with limited 'fun' topics.

You can really tweak these measures, but I find the hours spent, the energy it uses, or joy/achievement out of 10 are good places to start.

Option \ Value				

# Identifying Obstacles

One of the key issues people have with making changes is that they struggle to value the behaviour which would bring it about. We've talked a lot about reflecting and mapping out the journey before we leave. **But today, I want to focus on the probability of failure.**

It may be that you 'fail' in some small step of the journey. And our mindset then spirals.

A common one around food might be eating that pudding when your goal is to cut down sugar. There's this common mindset these days of the 'day being ruined' and thus, we may eat a bunch more junk food after that and start again the next day.

Similarly; we miss our hour slot of writing or a deadline for our sheet music progress, and our reasoning shifts directly to 'what's the point?'

What if you got back on track one minute after making the mistake?

What if when you 'gave in' to a craving, or 'forgot to go to the gym because you were sure it was Tuesday; not Monday' you just... picked up something healthy for dinner, or did some yoga and press ups in your bedroom to make up for it?

What if you committed to writing ten words of your novel before bed? How would it feel to still tick that off as a 'win'?

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*Essentially, today begins with planning for those failures. A lot of the blocks to reaching our goals are in our minds.*

**And our mindset can be changed.**

A brown and white dog stands on a stone ledge in a lush, green outdoor setting. The dog is looking towards the camera. The background is filled with dense foliage and a large, smooth, green rock formation. The lighting is bright and natural, suggesting a sunny day.

IT'S NOW TIME TO  
**Identify Your**  
**Next Steps**

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# YOUR REDEFINING LIFE PATH CHECKLIST

## 1: Define Your Why

- Start Where You Are
- Understand Your Passions
- Start with the Goal
- Delve Deeper

## 2: Balance Your Energy

- Spoon Theory
- Manage your % In and Out

## 3: Reflection & Planning

- Start Broad
- Defining Your Future
- Daily Structure

## 4: Comparing Your Visions

- Examples of Value
- Identifying Obstacles

# Now What?

To really redefine your life path, it takes three core actions:

- Build emotional resilience to manage change, connect with your intuition & minimise overwhelm.
- Harness the power of your motivation; that 'why' which will keep you moving forward even on days you're exhausted.
- Craft a clear, focused plan and review it often, so that you can walk your Right Path and notice quickly should you veer off course or need to make an adjustment.

There are no 'quick fixes' with life redesign, but the more you explore your inner landscape, the easier mapping out your 'new normal' will become.

## Congrats!

You've made it to the end. Huzzah!

There are no true quick fixes or short cuts for self-work, but with clarity and motivation, you will tap into that inner power which makes you feel strong and capable; no matter the hurdle.

Like most things in self-work, it takes practice for the mindset to become a habit or feel natural, but you've taken the first steps here.

There is truth in not needing to see the whole staircase, just to take the first step.

If you're uncertain, take the smallest action and then pause to see if clarity arises.

This is just a quick checklist to unstick you from the mud to spark those embers into a flame again.

In my live sessions, you learn to fan those flames further, to hold that why, to access that energy even on difficult days and to plan out the next steps ready to achieve and succeed. While staying rooted to the parts of your life that work for you.

### Interested in diving deeper together?

I open up coaching spots to those on my mailing list, so [sign up here](#).

## About the Author

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Katy-Rose Bye (MSc) is a Creative Writer, Reinventor, & Educator for creative souls and truth-seekers. You can think of her as a teacher, scholar & mentor all in one.



She believes we humans are more capable than we realise, and is on a mission to reinvent how personal development, wellbeing and human resilience are defined, particularly for those of us who feel broken.

Through understanding that our inner power is truly a secret weapon for living our true wild life, she has helped wild creatives and practical, deep thinkers reinvent their lives since 2011.



Katy-Rose melds her personal experiences with cognitive techniques to help people connect with their instincts, ignite that inner wildfire, and reinvent their life without losing all their progress so far.

When she's not cuddling her feline business partners, she stargazes, writes stories, and plays video games.

Find the roots of your true self at **[RootedReinvention.com](https://www.rootedreinvention.com)**, because being yourself doesn't need to feel so damn hard™.

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