

FOZY



Emotional Stability & Burnout Recovery

Tier 2 · Core Program · €220 (one-time)

FREE
PREVIEW

What's Inside — Preview

Emotional Stability & Burnout Recovery helps you understand where your energy is leaking, rebuild it deliberately, and protect it with clear boundaries — so you recover from burnout instead of pushing through it.

What you will be able to do

- Map your emotional baseline and spot what pulls you off it
- Identify the specific drivers behind your burnout
- Follow the Energy Rebuild Protocol to restore capacity step by step
- Set and hold boundaries without guilt, using ready-made scripts
- Reconnect with the values that make effort feel meaningful again

The 5 modules

1. **Your Emotional Baseline** — a clear-eyed assessment of where you actually are.
2. **The Drivers of Burnout** — naming the real causes, not just the symptoms.
3. **The Energy Rebuild Protocol** — restoring physical, mental, and emotional reserves.
4. **Boundaries That Hold** — scripts and structures to protect your energy.
5. **Reconnecting With Values** — rebuilding motivation from the inside out.

Try it now — a 60-second sample

The Energy Audit. List the three activities that drained you most this week, and the three that restored you. Most people are surprised to find the drains are often small and repeated, while the restorers are simple and cheap. Your first recovery step is to add one restorer back into tomorrow.

This is a short preview. The full program includes all five modules, the complete Energy Rebuild Protocol, boundary-setting scripts, and printable worksheets.

Ready to start? The complete Emotional Stability & Burnout Recovery program is available now for €220 at fozy-digital.com. One-time payment, lifetime access.