

# Thrive Masterclass

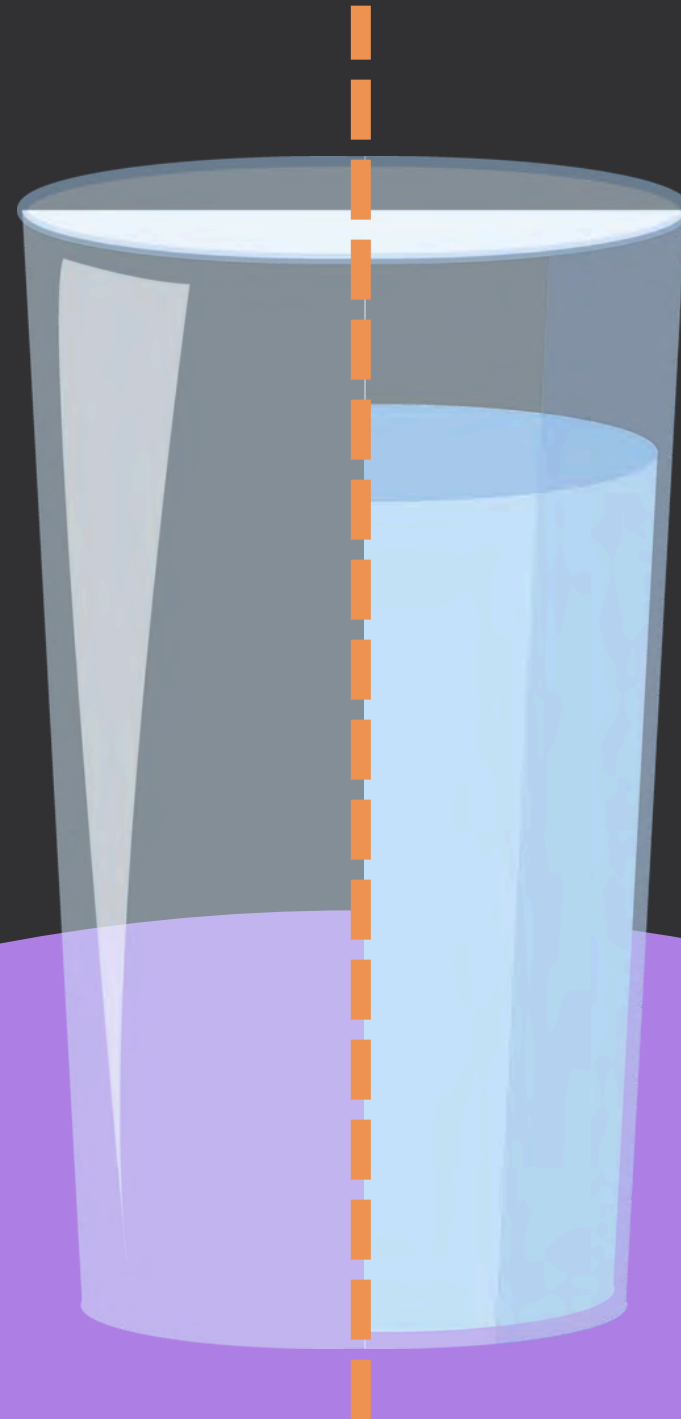
**AWAKE**  
A C A D E M Y



# You Can't Pour from an Empty Cup

## Avoid these energy drainers:

- Overworking & burnout
- People-pleasing
- Negative self-talk
- Lack of boundaries
- Emotional suppression
- Poor sleep & nutrition
- Toxic relationships
- Unresolved stress



## Fill your time & soul with:

- Rest & self-care
- Meaningful connections
- Laughter & play
- Movement & nourishment
- Nature & mindfulness
- Creativity & passion projects
- Gratitude & presence
- Aligning with your purpose

**FILL with abundance, POUR with joy**



# Your brain runs on what you feed it

Become aware of your brain fuel:

## BAD FUEL

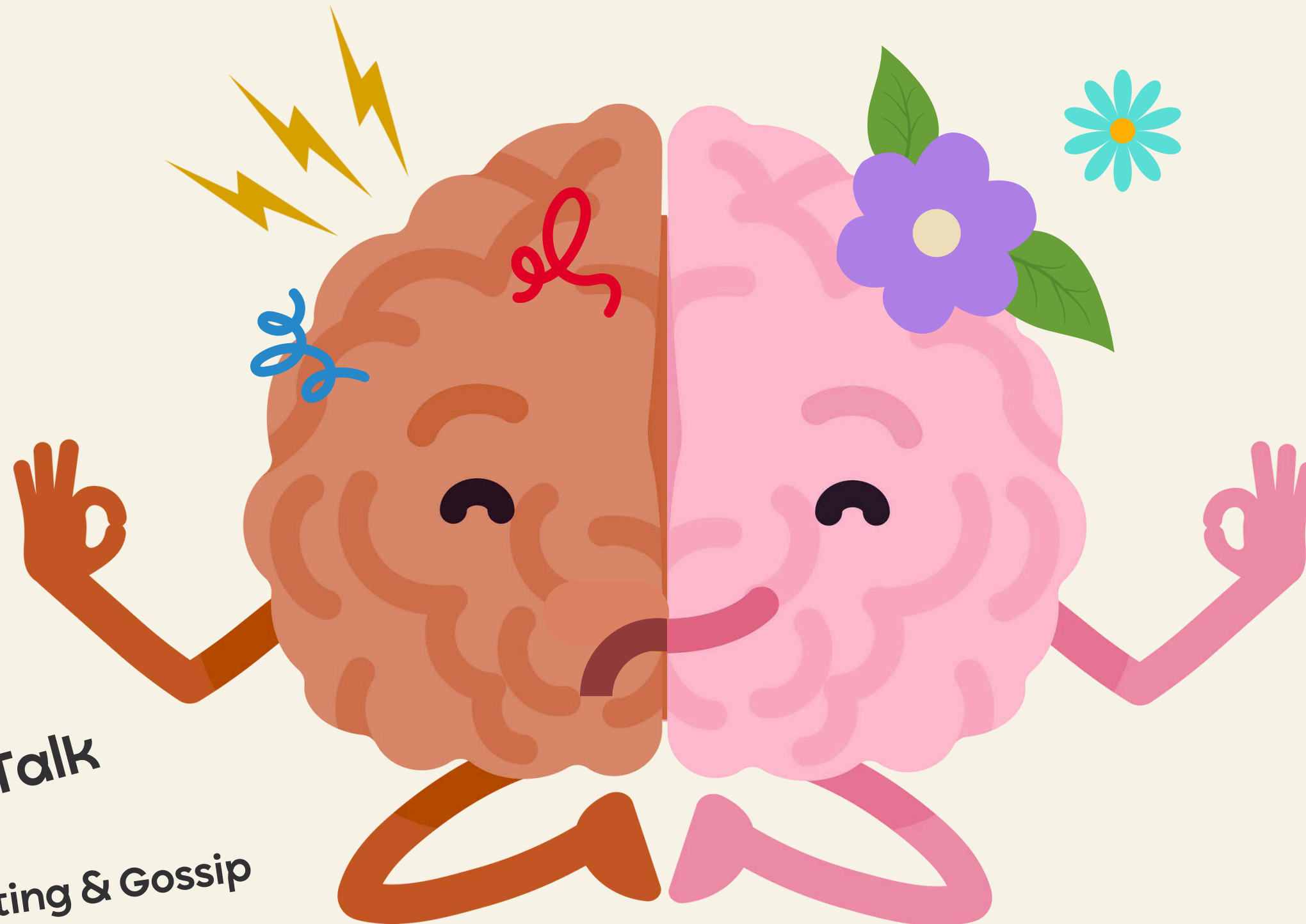
doom scrolling &  
fear media

Overworking &  
Hustle culture

Processed sugar &  
Overindulgence

Negative Self-Talk

Venting & Gossip



## GOOD FUEL

- Mindful Content & Learning
- Nourishing Food & Hydration
- Movement & Nature
- Gratitude & Connection
- Rest & Recovery



H O L D - 4 S E C O N D S

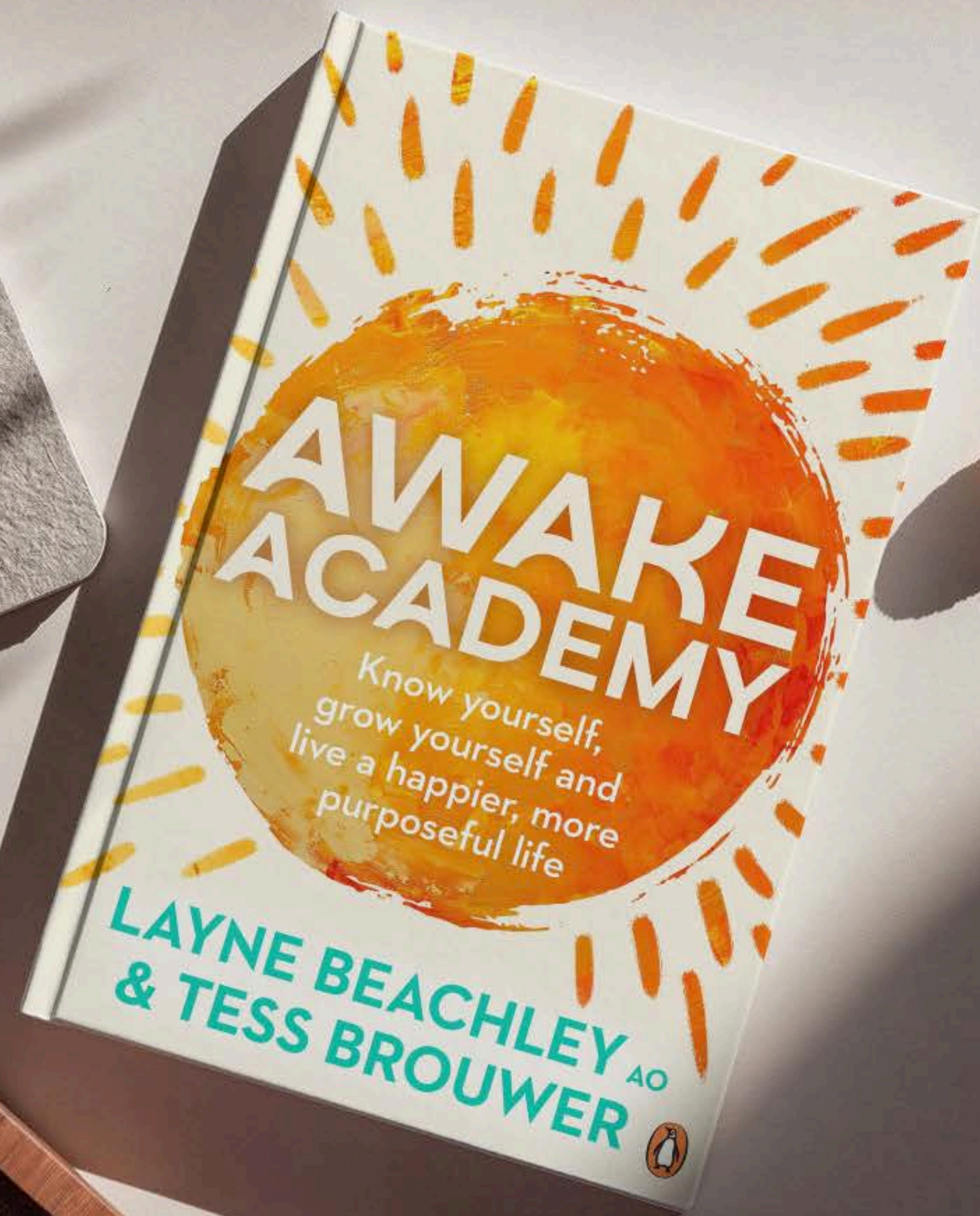
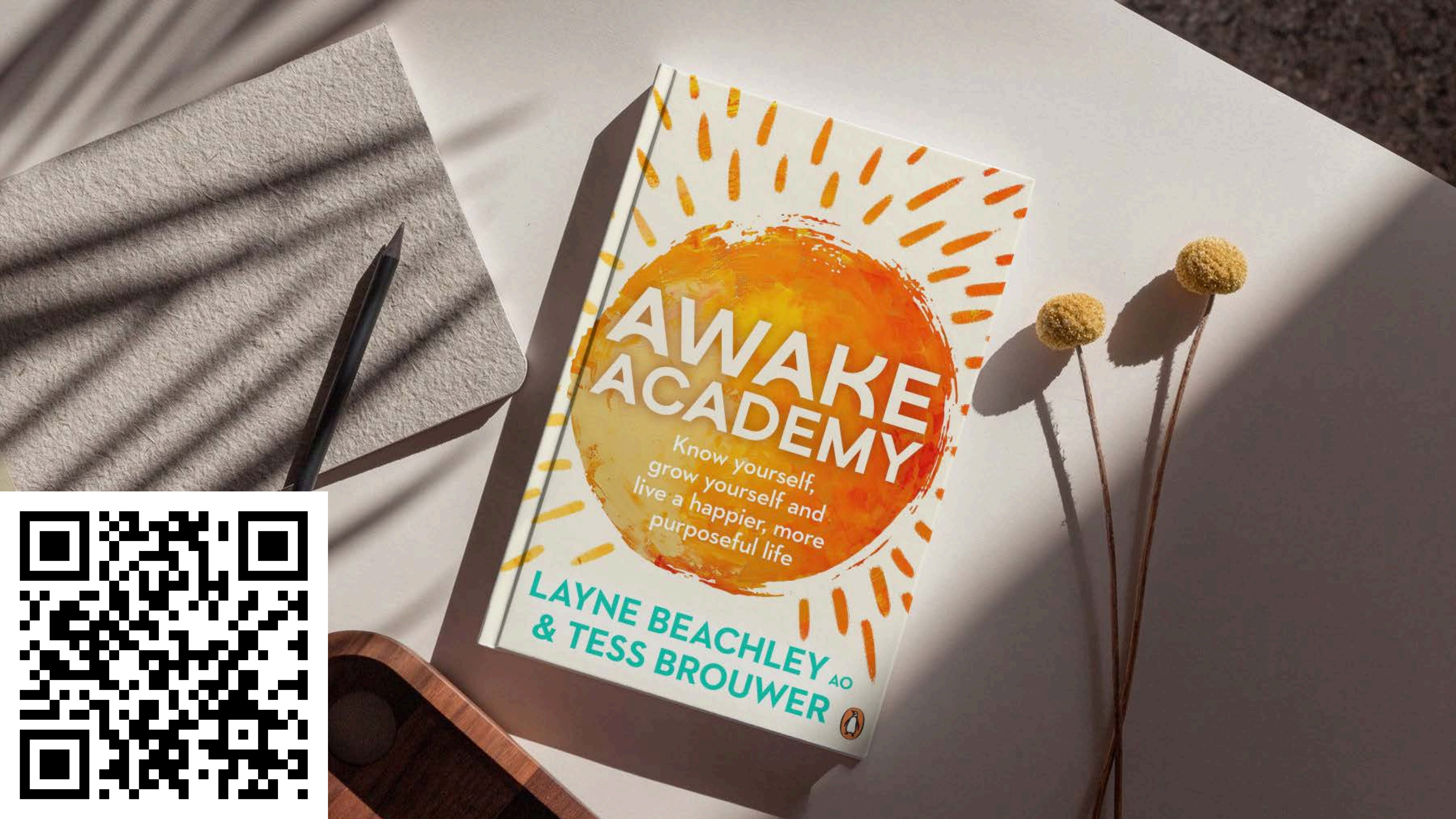
E X H A L E - 4 S E C O N D S

# Box Breathing

I N H A L E - 4 S E C O N D S

H O L D - 4 S E C O N D S







A photograph of two women standing on a sandy beach at sunset. The woman on the left has short blonde hair and is wearing a white button-down shirt over a white ribbed top. The woman on the right has long blonde hair and is wearing a floral dress with pink, red, and orange patterns on a light background. They are both smiling at the camera. The background shows the ocean with gentle waves and a bright, hazy sunset sky. A large purple semi-circle is overlaid on the bottom half of the image, containing the text.

# Thank you

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