

High-Achiever's Survival Kit:

Your 7 Day Blueprint to Stress Less and Succeed More

*Practical strategies to break free from burnout,
embrace balance, and reignite your personal power.*



Macaron High

Women's Wellness and Retreats

“YOU are your best self.”

–Toni Morrison

Welcome, High-Achiever!

Take a deep breath—this is your first victory of the day.

You're successful. You're accomplished. You've worked hard to get where you are.

But let's be honest, your days often feel like a high-speed juggling act.

*Everyone wants a piece of you—your team, your family—and somewhere in the chaos,
you've become the last person you prioritize.*

Let me ask, in all the chaos:

*Have you ever felt guilty each time you take a moment for yourself
(as if pausing will make everything crumble)?*

*Have you ever felt exhausted, not just physically but mentally—like you've
been running on fumes for months?*

Have you convinced yourself that stress is just the price of success?

It's not. Chronic stress isn't a badge of honor; it's a neon warning sign.

*High-achievers like us thrive on accomplishment,
but somewhere along the way, we've mistaken doing more for being more.*

It's not the same thing.

This kit isn't about telling you to give up your dreams or slow down.

You're a go-getter, a visionary, a woman rising.

*This kit is about helping you reclaim your energy, balance,
and sanity—so you can continue crushing it without feeling crushed in the process.*

In the next seven days, you'll discover:

How to say “no” without the guilt.

Simple, 5-minute resets that work even on your busiest days.

Small but mighty habits that will leave you feeling like the high-impact woman you already are.

*This isn't just about stress relief—it's about stepping into the most
powerful, energized, and focused version of yourself.*

*Because when you feel good, everything you touch gets better:
your career, your relationships and your goals.*

*Now, grab a journal, get comfy, and let's start transforming the way you live and lead,
one guilt-free step at a time.*

Toni E.

Quick Assessment – Are You Stressed or Thriving?

Where Are You Right Now?

How are you *really* doing?

Not the “I’m fine” version you tell your colleagues or family,
but the version you admit to yourself when no one’s looking.

This quick assessment is designed to give you a snapshot of where you stand
with no judgment, just clarity.

Answer the questions honestly. The goal is to help you understand what’s working,
what’s not, and where we can create *real* change.

The Quiz

For each statement below, rate yourself on a scale of 1 to 5:

1 = Rarely or never true

3 = Sometimes true

5 = Always or often true

1. I feel guilty or anxious when I take time for myself.
2. I often feel overwhelmed by the number of responsibilities on my plate.
3. I wake up feeling tired, even after a full night’s sleep.
4. I have trouble saying “no” to requests, even when I’m stretched too thin.
5. I can’t remember the last time I did something just for fun.
6. I feel like I’m always “on,” with no time to recharge.
7. My achievements often feel overshadowed by stress or exhaustion.
8. I struggle to stay present, frequently worrying about the future or replaying past events.
9. I feel disconnected from my personal goals and passions.
10. I secretly wonder if life is supposed to feel this hard.

Your Results

Add up your scores:

40–50: You’re in serious need of relief, but don’t worry—you’re in the right place.

25–39: You’re holding it together, but the stress is simmering just beneath the surface.

10–24: You’re managing well, but even high-functioning stress takes its toll over time.

What Your Score Means

If your score is high, you’re not alone—nearly 75% of women in high-pressure careers report feeling overwhelmed or burnt out. The good news? This kit is packed with practical tools to help you shift out of survival mode.

Even if your score is low, this isn’t about “fixing” you—it’s about taking proactive steps to ensure you stay energized, balanced, and unstoppable. Ready to turn things around? Let’s dive into Day 1 and take the first step toward a more empowered you.

Morning Journal

DAY 1 - IMMERSE YOURSELF IN THE PRACTICE OF A FOCUSED MORNING JOURNAL—A POWERFUL TOOL THAT CAN POSITIVELY SHAPE YOUR MINDSET AND WELL-BEING.

(Day):

(Month):

(Year):

What is one goal I have for myself today?

What is one thing I can let go of this week?

What are three things I am grateful for today:

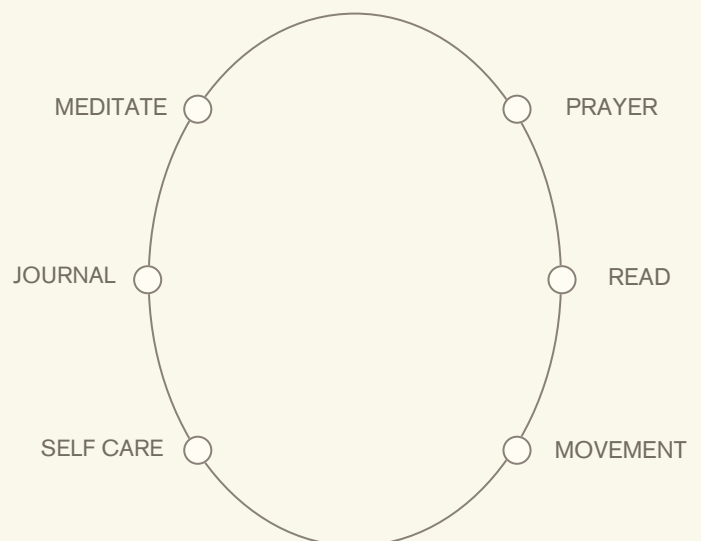
- _____
- _____
- _____

(Thoughts)

SET INTENTIONS FOR CLARITY, VITALITY, AND INNER PEACE, AND FEEL THE POSITIVE IMPACT THROUGHOUT THE DAY.

(Morning Rituals Checklist)

ROADMAP TO AN ENERGIZED AND PURPOSEFUL START.



TO START

OK

DELAY

STUCK

CANCEL

Morning Journal

(Day):

(Month):

(Year):

DAY 2 - THE 5-MINUTE RESET

WRITING DOWN YOUR THOUGHTS AND FEELINGS CAN ACT AS A RELEASE VALVE FOR PENT-UP EMOTIONS. JOURNALING CAN ALSO HELP DECLUTTER YOUR MIND. BY PUTTING THOUGHTS ON PAPER LEADS TO INCREASED CLARITY AND FOCUS.

SET A TIMER AND SPEND FIVE (5) MINUTES ANSWERING THE QUESTION,
WHAT WOULD MAKE TODAY GREAT?

Morning Journal

(Day):

(Month):

(Year):

DAY 3 - GUILT-FREE SELF-CARE STRATEGIES

TODAY, WE'RE SHIFTING THE NARRATIVE. SAY IT WITH ME: "SELF-CARE ISN'T A LUXURY. IT'S A NECESSITY." START SMALL AND MAKE IT STICK. THE BEST SELF-CARE HABIT ISN'T THE ONE THAT'S PINTEREST-PERFECT; IT'S THE ONE YOU'LL ACTUALLY DO!

HERE'S YOUR TASK: IDENTIFY ONE SMALL, GUILT-FREE SELF-CARE HABIT THAT YOU CAN INTEGRATE INTO YOUR DAILY ROUTINE STARTING TODAY.

IDEAS FOR SMALL, POWERFUL SELF-CARE HABITS

1. **THE MORNING MINUTE:** SPEND ONE MINUTE IN THE MORNING SETTING AN INTENTION FOR YOUR DAY. EXAMPLE: "TODAY, I WILL FOCUS ON PROGRESS, NOT PERFECTION."
2. **MIDDAY RESET:** TAKE A 5-MINUTE WALK OUTSIDE OR STRETCH AT YOUR DESK.
3. **WATER & BREATHE:** EVERY TIME YOU REFILL YOUR WATER BOTTLE, TAKE THREE DEEP, MINDFUL BREATHS.
4. **DIGITAL DETOX:** PUT YOUR PHONE ON "DO NOT DISTURB" FOR 15 MINUTES WHILE YOU ENJOY YOUR COFFEE OR TEA.
5. **GRATITUDE PAUSE:** WRITE DOWN ONE THING YOU'RE GRATEFUL FOR BEFORE BED.

HOW TO MAKE IT GUILT-FREE - LET'S TACKLE THE GUILT HEAD-ON:

- **REFRAME YOUR THINKING:** SELF-CARE IS NOT AN INDULGENCE. IT'S AN INVESTMENT IN YOUR WELL-BEING AND, BY EXTENSION, IN EVERYTHING AND EVERYONE YOU CARE ABOUT.
- **START SMALL:** YOU'RE NOT RUNNING A SELF-CARE MARATHON. BEGIN WITH ONE HABIT, AND BUILD FROM THERE.
- **CELEBRATE IT:** EVERY ACT OF SELF-CARE IS A WIN. TREAT IT LIKE AN ACHIEVEMENT, NOT AN OBLIGATION.

REFLECTION TIME

TAKE FIVE MINUTES TO ANSWER THESE PROMPTS IN YOUR JOURNAL OR NOTES APP:

1. WHAT'S ONE THING I DO DAILY THAT DRAINS MY ENERGY?
2. WHAT'S ONE SMALL HABIT I CAN REPLACE IT WITH TO RECHARGE?
3. HOW WILL THIS CHANGE HELP ME FEEL MORE PRESENT, FOCUSED, OR CALM?

YOUR CHALLENGE FOR TODAY

1. CHOOSE ONE HABIT FROM THE LIST ABOVE—OR CREATE YOUR OWN!
2. COMMIT TO TRYING IT JUST ONCE TODAY.
3. AT THE END OF THE DAY, REFLECT: HOW DID IT FEEL TO TAKE THIS TIME FOR YOURSELF?

PRO TIP:

SET A REMINDER ON YOUR PHONE OR CALENDAR FOR YOUR NEW SELF-CARE HABIT. REMEMBER, SELF-CARE ISN'T ABOUT FINDING TIME; IT'S ABOUT **MAKING** TIME.

"WHEN YOU PRIORITIZE YOURSELF, YOU'RE NOT JUST SURVIVING—YOU'RE THRIVING. AND THRIVING WOMEN CHANGE THE WORLD."

Morning Journal

(Day):

(Month):

(Year):

DAY 4 - THE "NO" LIST

THE POWER OF SAYING "NO" (WITHOUT FEELING LIKE THE VILLAIN).

Saying "no" can feel awkward, uncomfortable, or downright impossible. As high-achievers, we're wired to say "yes" to everything: projects, social obligations, extra work, even that committee we swore we'd never join. But every time you say "yes" to something that doesn't serve you, you're saying "no" to something that does. Today is about flipping that dynamic. Saying "no" isn't being selfish; it's protecting your energy so you can show up for the things (and people) that truly matter. Let's write a "No" List and reclaim your time, energy, and peace of mind.

The Strategy: Write Your "No" List

Step 1: Brainstorm Your Energy Drainers

Grab your journal, notebook, or notes app. Write down everything that comes to mind when you think about tasks, habits, or commitments that exhaust you. Here are a few prompts to get you started:

What obligations do I dread every week? What do I say "yes" to out of guilt, fear, or obligation?

What habits or activities leave me feeling drained rather than energized?

Examples:

Checking work emails after hours.

Attending events that don't align with your goals or interests.

Doing things out of guilt or to "keep the peace."

Step 2: Choose Your Top 3 "No" Items

From your list, pick the top three things that drain your energy most.

These will become your first "no" commitments.

Reframe Your "No" as a "Yes" to Yourself. Every time you say "no" to something draining, you're saying "yes" to your well-being. Instead of thinking, "I'm letting someone down," reframe it as, "I'm showing up for myself." Be Honest and Direct.

You don't need a novel-length explanation. A polite but firm response will do.

Example: "Thank you for thinking of me, but I can't commit to this right now."

Practice Ahead of Time. If saying "no" feels unnatural, practice with a friend or in front of the mirror.

Confidence grows with repetition!

Your "No" List in Action

Take a moment to write your three "No" List items below. Next to each one, jot down an alternative way to spend the energy or time you'll reclaim.

Example:

No more checking work emails after 8 PM. Instead, I'll spend that time reading a book or relaxing with family.

Reflection Time

Ask yourself:

How does it feel to acknowledge these energy drainers?

What's one boundary I can set today to honor my "No" List?

How will this help me feel more in control of my time and energy?

Why a "No" List Matters

Think of your energy like a bank account. Every unnecessary commitment is a withdrawal. Every boundary you set is a deposit.

The problem? Most of us are operating in overdraft. Creating a "No" List helps you:

Identify what's draining you.

Set clear boundaries.

Make space for what energizes and fulfills you.

It's a small step with big results—like finally fixing a leaky faucet that's been wasting water (and sanity) for years.

Morning Journal

DAY 5 - THE HIGH-ACHIEVER'S MORNING RESET.

(Day):

(Month):

(Year):

Today, I will focus on...

How do I want my day to go? How do I want to feel?

What are three things I am grateful for today?

- _____
- _____
- _____

MORNINGS SET THE TONE FOR YOUR DAY, SO LET'S MAKE THEM COUNT—WITHOUT ADDING STRESS TO YOUR ALREADY-PACKED SCHEDULE. SPEND JUST 10 MINUTES THIS MORNING COMBINING INTENTION SETTING AND GRATITUDE TO CREATE A MINDSET OF CALM FOCUS. TAKE FIVE MINUTES TO VISUALIZE HOW YOU WANT YOUR DAY TO FEEL AND SET ONE CLEAR INTENTION. AFTERWARDS, SPEND FIVE WRITING DOWN THREE THINGS YOU'RE GRATEFUL FOR. THIS SIMPLE RITUAL ACTS AS YOUR MENTAL "RESET BUTTON," GROUNDING YOU IN WHAT MATTERS TO YOU THE MOST AND EQUIPPING YOU TO TACKLE THE DAY WITH PURPOSE AND POSITIVITY.

Morning Journal

(Day):

(Month):

(Year):

DAY 6 - THE POWER OF THE PAUSE - "LET ME THINK ABOUT IT."

YOU DON'T HAVE TO ANSWER EVERY REQUEST ON THE SPOT. INSTEAD OF AUTOMATICALLY SAYING "YES" (AND REGRETTING IT LATER) OR RUSHING TO A "NO" THAT MAKES YOU FEEL GUILTY, TRY SAYING THIS: "**LET ME THINK ABOUT IT.**" THIS SIMPLE PHRASE BUYS YOU TIME TO ASSESS WHETHER A REQUEST ALIGNS WITH YOUR PRIORITIES AND ENERGY. IT PUTS YOU BACK IN CONTROL—NO EXPLANATIONS, NO PRESSURE, JUST SPACE TO DECIDE WHAT'S BEST FOR YOU.

REFLECTION:

TAKE A FEW MINUTES TO REFLECT:

HOW DOES IT MAKE YOU FEEL TO PAUSE BEFORE RESPONDING TO A REQUEST?

WHAT COMES UP FOR YOU EMOTIONALLY—RELIEF, GUILT, EMPOWERMENT, OR SOMETHING ELSE?

HOW MIGHT THIS PRACTICE CHANGE HOW YOU APPROACH COMMITMENTS MOVING FORWARD?

WRITE FREELY, AND BE HONEST WITH YOURSELF. HAVE COURAGE AND HONOR YOUR NEEDS AND STRENGTHENING YOUR BOUNDARIES—WITHOUT APOLOGY. REMEMBER: EVERY THOUGHTFUL "YES" OR "NO" IS A STEP TOWARD A LIFE THAT FEELS LIGHTER AND MORE ALIGNED.

You've made it to **Day 7** and look at you grow!

You've spent the past week identifying what drains you, creating boundaries, and learning how to nurture yourself in small, powerful ways. Now, it's time to zoom out and dream **BIG**.

How do you truly want to feel every day? Energized, calm, confident, or joyful? What experiences light you up—adventures, connections, creative pursuits? Reflect on what's missing from your current life and what steps you can take to bridge the gap.

By combining the lessons of intention setting, boundary building, and self-care, you now have the tools to build a life that feels aligned with your deepest values.

Grab your journal and write down your vision for your ideal life. Describe in detail how you want to feel, what you want to experience, and how you'll get there. Maybe it's carving out guilt-free time for hobbies, pursuing a long-neglected passion, or setting more boundaries around your time. This isn't about perfection; it's about progress. Each small step you take toward your vision is an act of self-care and empowerment. You've already started the work—now, let's carry it forward into a life that truly feels like your own.

Vision Board

Health Goals

(Start Date):

(End Date):

- _____
- _____
- _____
- _____

Love Goals

(Start Date):

(End Date):

- _____
- _____
- _____
- _____

Family Goals

(Start Date):

(End Date):

- _____
- _____
- _____
- _____

Vision Board

Professional Goals

(Start Date):

(End Date):

- _____
- _____
- _____
- _____

Personal Goals

(Start Date):

(End Date):

- _____
- _____
- _____
- _____

Financial Goals

(Start Date):

(End Date):

- _____
- _____
- _____
- _____

Ready To Take the Journey Deeper?

This is your invitation to continue creating
lasting change in your life.

Join me for
a life-changing retreat spa experience designed for
high-achieving women like you.

Together, we'll tackle stress, create clarity, and map out the vision for
your next chapter—all in a luxurious and relaxing spa environment.

There is an upcoming retreat designed just for you!

Reserve your spot at www.macaronhigh.com/events

Don't wait—reservations are limited!

Thoughtful Reads

The Black Woman's Guide to Coping with Stress

Mindfulness and Self-Compassion Skills to Create a Life of Joy and Well-Being

Psychologist and registered nurse Cheryl Woods Giscombe introduces the innovative, research-based superwoman schema (SWS) framework—five core beliefs that drive Black women's stress—and provides self-care practices grounded in mindfulness and self-compassion to help you live a life of joy and greater well-being.

Burnout: The Secret to Unlocking the Stress Cycle by Emily Nagoski and Amelia Nagoski

This groundbreaking book helps high-achieving women understand the science behind stress and offers practical strategies to break free from the burnout cycle.

Essentialism: The Disciplined Pursuit of Less by Greg McKeown

Learn how to prioritize what truly matters, eliminate unnecessary distractions, and create a life focused on what brings you the most joy and fulfillment.

Podcasts to Inspire You

Balanced Black Girl

A weekly reflection of gentle reminders, wellness tips, and bonus goodness to help you feel your best.

Unlocking Us by Brené Brown

Dive deep into conversations about vulnerability, courage, and living authentically with one of the most trusted voices in self-discovery and growth.

Therapy for Black Girls

Dr. Joy Harden Bradford dispel myths and brings to light major topics impacting Black womanhood

The Happiness Lab by Dr. Laurie Santos

Based on Yale's popular course, this podcast explores the surprising and science-backed ways we can lead happier, more fulfilled lives.

Thank You for Downloading the Survival Kit!
You've taken some big steps toward creating a life that feels aligned,
fulfilling, and stress-free. That's no small feat!
I'm so proud of you for showing up for yourself!
You are not alone on this journey—I'm here to support you
every step of the way.

If you have any questions, insights, or just need a bit of
encouragement,
reach out!

 Email: info@macaronhigh.com

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Let's stay connected as you continue creating the life you deserve.
Here's to your growth, your joy, and your success!