

You Are the Artist of Your Life



Stop Hiding in Plain Sight Reflection Guide



*4 Questions to Reclaim Your Voice,
Purpose, and Power Beyond Burnout*



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What If Burnout Is a Message?



We often talk about burnout as if it is only about doing too much.

Too many responsibilities.

Too many people needing too many things.

Too little rest.

Too little space.

And yes, that can be part of it.

But for many women, burnout is also a deeper signal.

It asks:

- *Where have I gone silent?*
- *Where have I become resentful?*
- *Where am I useful, but not fully alive?*
- *Where have I lost touch with what I really want?*

Burnout may be your life asking for a more truthful version of you.





Reinvention Architecture™



Reinvention does not begin with
a dramatic announcement. It begins with *truth*.

1

Accept



Accept where you are
without shame.

Reflection:
*What truth am I tired of
pretending not to know?*

2

Ask



Ask what your voice, body,
and inner wisdom are
trying to tell you.

Reflection:
What do I actually want now?

3

Act



Take one honest
visible action.

Reflection:
*What small action would
honor who I am becoming?*

4

Allow



Allow support, rest, timing,
and your new identity
to emerge.

Reflection:
*What support, rest, or possibility
am I willing to receive now?*



You Are Not Here to Vanish



You are not here to vanish inside what you have survived.

You are not here only to be useful.

You are here to become visible in the life that is still calling you.



YOUR NEXT STEP

Choose one question from this guide. Sit with it for five quiet minutes. Write the truth — not the polished version, the real one.



CONTINUE THE JOURNEY

- Visit adriafirestone.com
- Read *You Are the Artist of Your Life*
- Connect with Adria for speaking, coaching, and reinvention support



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My Reflection Page

What is my life asking me to tell the truth about now?



1. Today's truth:



2. The part of me asking to come back:



3. One small honest action I can take:



4. Support, rest, or possibility I am willing to receive:

