

The Recovery Planning Guide

You don't recover by accident. You recover by design.

This guide helps you build personal and professional rituals that replenish your four energy domains. The key is pre-deciding how and when you will reset—before burnout hits.

Template: Design Your Recovery Stack

Energy Domain	Recovery Ritual	Frequency	Trigger/Cue	Notes
Physical				
Mental				
Emotional				
Purpose				

Coaching Insight:

“If you don’t schedule your recovery, your nervous system will do it for you—through illness, disengagement, or breakdown.”

Pro Tip: Stack Tools Into a Weekly Review

Create a ritual where you:

- ✓ Track your energy (Tool 1)
- ✓ Score your alignment (Tool 2)
- ✓ Adjust your recovery plan (Tool 3)

Time needed: 30 minutes/week

ROI: Sustained clarity, creativity, and energy integrity.