

The Burnout Reset

For ambitious people who feel drained, reactive, and stuck in burnout, and want to wake up aligned and in control.

(Founding Session)

 **Most people “handle burnout” like this:**

“I just need a weekend off... a vacation... or to push through until things calm down.”

But here’s the truth: weekends don’t reset chronic burnout. Vacations end. And waiting for life to slow down never works.

The ones who break free do this instead:

They learn how to *spot their triggers, reset in the moment, and protect their energy every single day.*

That’s what this masterclass gives you.

The Problem

You’ve tried “rest.” You’ve tried powering through.

But the cycle keeps repeating: exhaustion → irritability → guilt → back to exhaustion.

The real issue? You don’t have a framework that addresses the root of burnout.

Without it, you’ll always feel like you’re patching holes in a sinking boat.

The Solution

I built **The Burnout Reset** because too many ambitious people are running on fumes and blaming themselves for not being “strong enough.”

This isn’t about taking a bubble bath or downloading another productivity app.

It’s about finally having a proven reset process that:

- Shows you what’s actually draining you.

- Equips you with tools to stop the spiral.
 - Helps you feel aligned, energized, and in control again.
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What You'll Get in 90 Minutes

- ♦ **Spot & Understand Your Triggers**

The hidden drivers behind your burnout (and why rest alone doesn't fix it).

- ♦ **Learn & Apply Practical Tools**

Simple resets you can use in the moment—no fluff, no waiting weeks to feel better.

- ♦ **Sustain the Change**

Rewire how you respond to stress so burnout isn't your default mode anymore.

Who This Is For

Ambitious entrepreneurs and professionals who look “together” on the outside but are secretly running on empty.

(Not for people looking for a magic pill with no effort.)

The Deal

How much? ₱888

Where? Zoom replay

What happens after payment? You'll receive the recording + prep guide immediately.

Why Now?

⚡ This is a special founding session at ₱888.

Future sessions will be priced higher and will not be repeated at this rate.

🟢 **Ready to reset your energy and take back control?**

👉 [\[SIGN-UP / PAYMENT LINK\]](#)

P.S. The difference between people who stay stuck in burnout and those who move forward isn't willpower. It's having the right reset framework. This masterclass is that framework.