



BREAKING
THROUGH
COACHING

The Power Pause Mini-Guide

Steps to Begin Your Burnout Recovery &
Lead with Clarity - Even in Uncertain Times

 STARTBREAKINGTHROUGH



WHY YOU NEED A POWER PAUSE NOW

In this economy, you're doing more with less: fewer resources, shifting expectations, and increased emotional load. Burnout isn't a buzzword - it's a breakdown in progress. But you don't have to abandon your ambition. You simply need a new rhythm. A Power Pause is the first step to recalibrating your life and leadership without stepping away from what matters most.

What the Research Says

- A 2021 McKinsey study found that over 50% of female leaders report feeling burned out, often citing emotional exhaustion and blurred work-life boundaries as key contributors.
- According to Stanford research, purposeful reflection and intentional rest increase long-term productivity and reduce stress-related attrition by 40%.
- Harvard Business Review reports that leaders who engage in structured self-reflection are 23% more effective and 20% more fulfilled in their work roles.
- A Power Pause isn't a luxury - it's a strategic intervention for sustainable leadership.

Step 1: NAME WHAT'S TRUE

Burnout often hides behind phrases like:

- 'I'm just tired.'
- 'This is just a season.'
- 'I should be grateful.'

But honesty is the doorway to breaking through.

Take 3 minutes. Write down:

- What feels heavy right now?
- What do you keep pretending isn't a problem?
- Where are you over-functioning or under-feeling?
- Remember: Clarity begins with truth-telling.

Step 2: RECONNECT WITH PURPOSE

When the world feels uncertain, your purpose becomes your personal economy. Ask yourself:

- What breaks your heart that you wish you could change?
- What fills you with energy, even on hard days?
- What part of you has been quieted or suppressed?

This is your inner compass calling you home. No one can take that from you.

Step 3: DESIGN YOUR FIRST PAUSE

Before you leap into solutions, pause intentionally.

- Block 1 hour this week for 'Purpose Time.'
- Go somewhere quiet, no screens.
- Journal on: What do I need to say no to so I can say yes to myself again?

Even one hour of alignment can recalibrate your next 30 days.

BONUS: AFFIRMATION TO REPEAT DAILY

'I give myself permission to pause - not to fall behind, but to come back to life.'

WANT TO GO DEEPER?

If this mini-guide resonated, you're ready for the next step. I guide high-achieving women through the Breaking Through Method to help them reset from burnout and lead with clarity, purpose, and peace. DM me 'CLARITY' on LinkedIn. Or book your free Power Pause consult at:

🌐 Your Power Pause: Pause the Noise. Reclaim Your Power. - Clara Lucia Jaramillo-Carrier

RESOURCES

- **The Real Crisis Isn't Burnout! It's Self-Abandonment: Reclaim Personal Love for Fulfillment with Clara Lucia.** Are you out there, crushing it in your life and work, ticking all the boxes of success, yet feeling... oddly unfulfilled? What if the reason is not burnout, perfectionism, or people-pleasing, but losing touch with yourself? Watch [HERE](#).
- **Living With Purpose:** Clara Lucia believes anyone can learn a profound lesson from embracing purposeful living as a transformative journey. Join this conversation where Clara Lucia underscores the power of overcoming fear and self-doubt to pursue one's passions and goals. Watch [HERE](#).
- **From People Pleaser to Self-Love Advocate:** For Clara Lucia, rewriting the Mot(her) Code means having a white canvas in front of you, and having a choice of color, shape, and theme. It's having this space for you to become and be whatever you want to be. It means challenging, questioning, and being curious. To live courageously and to choose to paint your white canvas every day. Listen [HERE](#).

► **LEARN MORE AT** [STARTBREAKINGTHROUGH.com](https://startbreakingthrough.com)