

MASTERCLASS
WORKBOOK



HOW TO BE BEAT OVERWHELM AND
FILL LIFE WITH MORE JOY

with Niki Loe

Personal Trainer / Pilates & Yoga Flow Teacher /
Naturopath & Medical Herbalist / Nutritionist

Welcome



This workbook can be used as a resource to provide you with further steps you can take to work through overwhelm and to create more joy in your business and life.

The following information accompanies the videos in our Mindset Masterclass with Niki Loe. The full masterclass two part video series can be viewed via the link below.

[TAKE ME TO THE MASTERCLASS](#)

“YOU CAN’T
CALM THE
STORM, SO
STOP TRYING.
WHAT YOU
CAN DO
IS CALM
YOURSELF.
THE STORM
WILL PASS.”



TIMBER HAWKEYE

I am passionate about what I do because I believe every single one of us deserve to devour life with great joy. It is my intention to educate and inspire a holistic approach to wellness so we can all celebrate this human experience together.



WHAT IS OVERWHELM?

Overwhelm is a "too-muchness". Overwhelm is flirting with the edge of "burn-out".

ARE YOU "HUSTLING" TOO HARD?

Humans are innately hard-wired to seek love, connection and freedom. Don't let your path take you away from this. We have normalised a "hustle" culture and because so many of us are sharing the same story of feeling tired and overwhelmed, we have started to think this is normal too. It's not. It's time we write a new story.





IF YOU CAN RELATE TO ANY OF THE FOLLOWING
“SIGNS TO LOOK OUT FOR”, IT MAY BE TIME FOR
SOME EXTRA MIND/BODY LOVE:

- Restless sleep, unable to quieten a busy mind
- Low energy levels
- Feeling irritable, sad or teary, even when you don't know why
- Difficulty remembering things, convinced you are losing your memory (and sometimes your mind!)
- Difficulty relaxing, or “switching off”
- Constant tummy butterflies, feelings of nervousness and/or anxiety
- Low sex drive
- Disinterested in food OR the opposite — you find yourself overeating to seek comfort and grounding
- “Decision fatigue”
- Relying on coffee to wake up or to keep going
- Drinking wine/ alcohol as a coping/calming mechanism
- Feeling detached from the humans and things in life you love the most

HOW DO I START?

Keep showing up, again and again, but this time for yourself. Self-love and self-belief will be the greatest super powers you have ever known.

- Carve a little time into every day that is especially yours.
- Embrace the things that make you feel alive.
- Create "me" moments that allow you to think, eat, sleep, move and smile in a way that makes your heart sing.



This is your life. Live it
with freedom and joy

“JOY IS THE
HOLY FIRE
THAT KEEPS
OUR PURPOSE
WARM
AND OUR
INTELLIGENCE
AGLOW.”



HELEN KELLER

Mindset Masterclass Workbook

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and creating more joy
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[WATCH THE MASTERCLASS HERE](#)

Thank you to our guest contributor Niki Loe