

THE HIGH ACHIEVERS HEALING BLUEPRINT



Your blueprint to find peace, experience joy, and pursue a deeply fulfilling life as a high achiever.





MEET KAY

Kay De Simone, The Mental Health Engineer is an award-winning psychotherapist, wealth mindset coach, transformational speaker and trainer. She normalizes the struggles of high-achievers, demystifies mental wellness, and provides actionable tools for healing and the pursuit of a fulfilled life.

She supports High Achievers in High Pressure environments who want to finally exhale with peace, experience joy, unearth their deepest desires, and allow themselves to pursue the world and everything in it.

She is licensed as a Clinical Psychotherapist across multiple states, including North Carolina, New York, Connecticut, and Washington, D.C., Kay brings a wealth of expertise to the table. Armed with a master's degree in social work from Adelphi University, NY, and extensive clinical training at Zucker Hillside Behavioral Hospital, NY. In addition to her clinical work and wealth mindset coaching, Kay is a passionate researcher, doctoral candidate, and adjunct professor at the University of Alabama. Her dedication to advancing the field ensures that her practice remains at the forefront of innovation and insight.





STEP ONE

HEAL YOUR INNER CHILD

Our inner child holds memories and emotions from our past that can impact our present behaviors and emotions. Engage in inner child work through therapy, journaling, or creative activities.

Nurture yourself with compassion and understanding, offering the love and support you needed as a child.

WHAT ARE YOU COMMITTED TO EMBRACE SO YOU CAN HEAL YOUR INNER CHILD?

For example: Doing weekly therapy sessions, enrolling in art
class, journaling, etc.

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STEP TWO

REARRANGE YOUR PERSONAL NARRATIVE

Identify recurring themes or negative scripts in your self-talk. Challenge these beliefs by focusing on evidence of your strengths and achievements. Practice affirmations and visualization to reshape your narrative into one of empowerment and possibility.

WRITE 10 AFFIRMATIONS

What are 10 things you want to believe about yourself

01.

02.

03.

04.

05.

06.

07.

08.

09.

10.

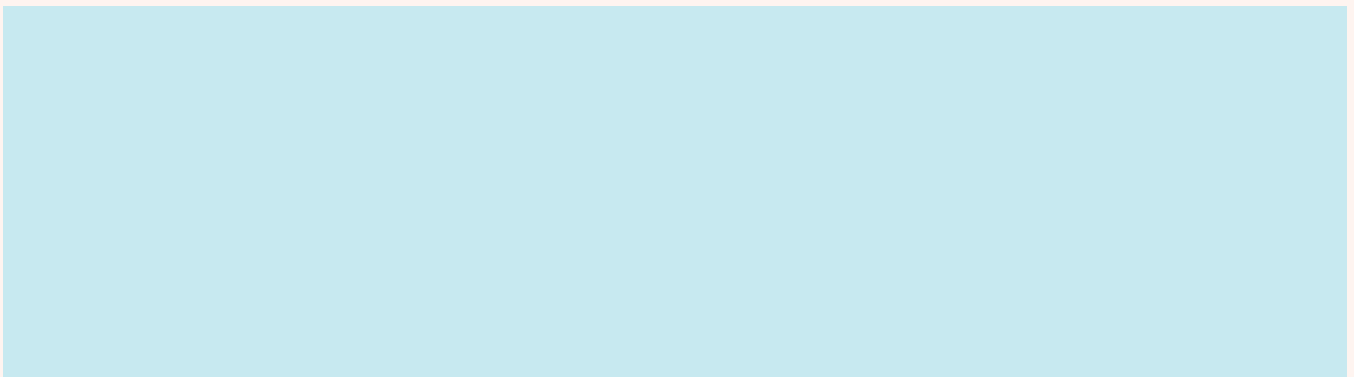
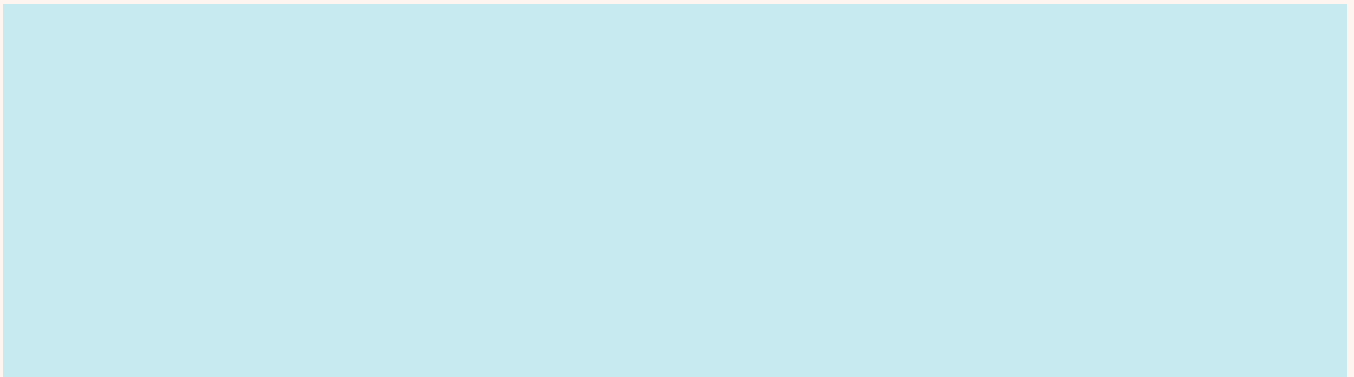
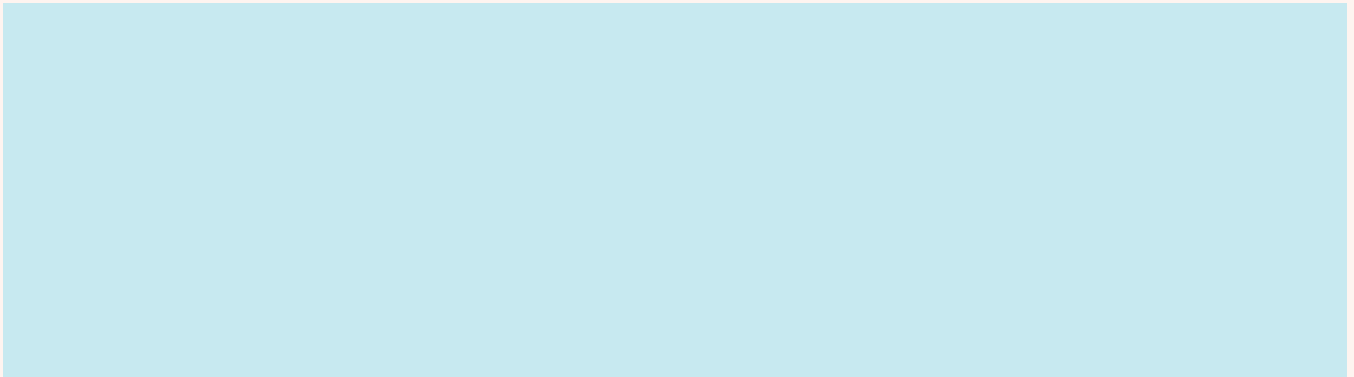


STEP THREE

MAKE YOURSELF A PRIORITY IN YOUR CALENDAR AND IN YOUR BUDGET

Many of us have been so busy pursuing big goals that we have forgotten the small things that make our hearts feel joy. We are so used to seeking the next job, certificate, or promotion that fail to prioritize ourselves. Make yourself a priority in your budget, too. For many of us, the demands and expectations of our extended family and friends leave us depleted and underfunded to pursue the things that matter to us. Take a hard look at your calendar and finances and start making changes that make you a priority when decisions are made. The only sustainable way to support others is by sustaining yourself too.

WHAT ARE THREE WAYS YOU
CAN PRIORITIZE YOURSELF
IN YOUR CALENDAR AND
YOUR BUDGET?



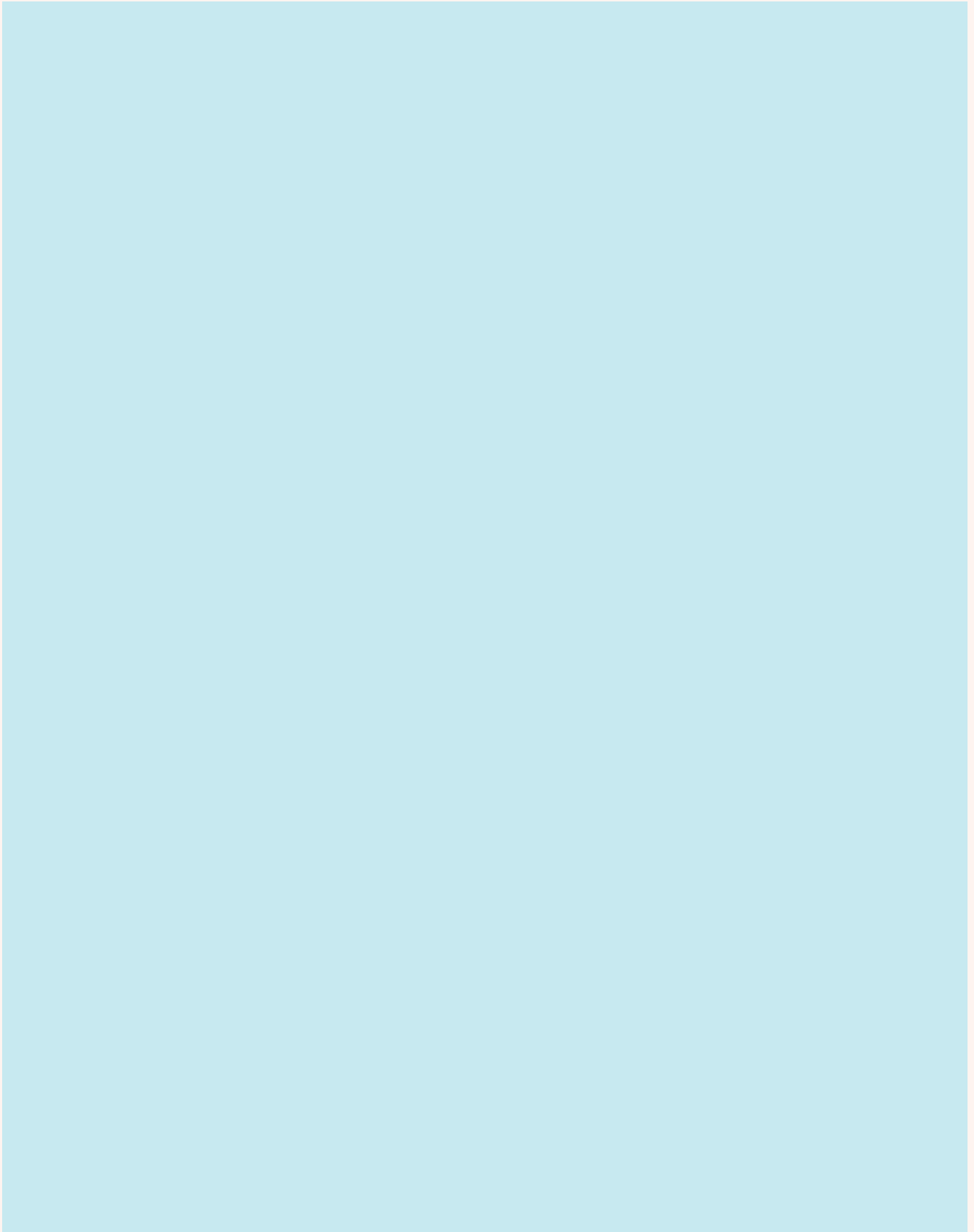


STEP FOUR

BECOME A BETTER MENTAL WELLNESS CONSUMER

Educate yourself on mental health resources and practices. Seek out reputable sources for information and consider incorporating mindfulness, meditation, or therapy into your routine. Being proactive about mental wellness empowers you to make informed choices for your well-being.

NOTES & REFLECTIONS





STEP FIVE

SEE YOURSELF LIKE AN ASSET AND TREAT YOURSELF LIKE ONE

Recognize your unique skills, talents, and contributions.
Invest in your personal and professional development
through continuous learning and self-improvement.

FOCUS ON YOUR STRENGTHS

My Strength is...

ex. really love to draw and work on visually creative solutions in Adobe Illustrator.

I can Boost it by...

My Strength is...

I can Boost it by...

My Strength is...

I can Boost it by...

Rather than focusing on improving your weaknesses, instead focus on discovering your strengths and taking them to the next level. If you can't think of any strengths, focus on what you really enjoy doing.

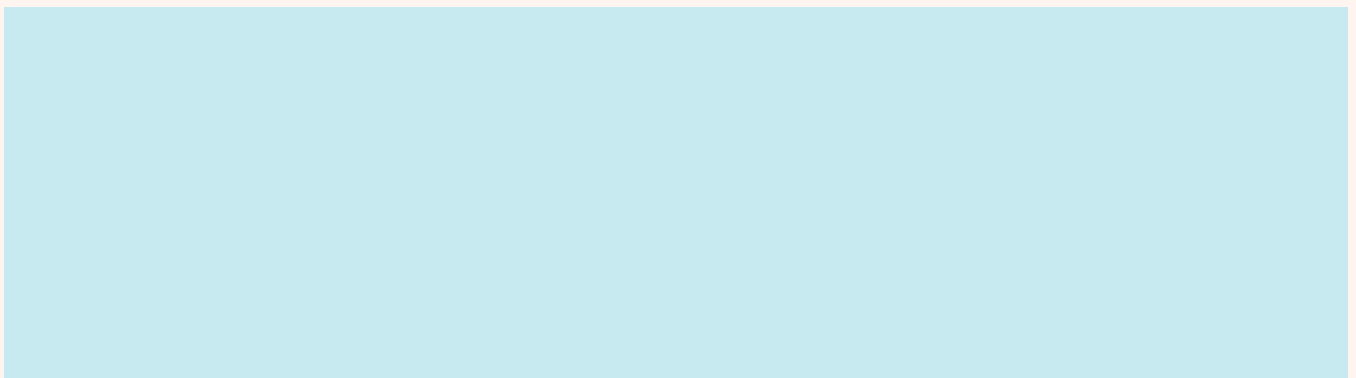
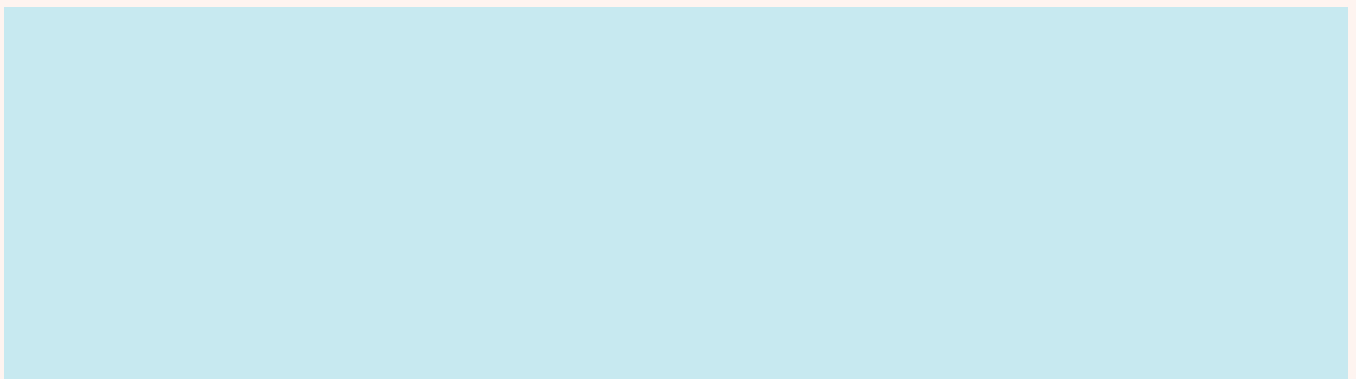
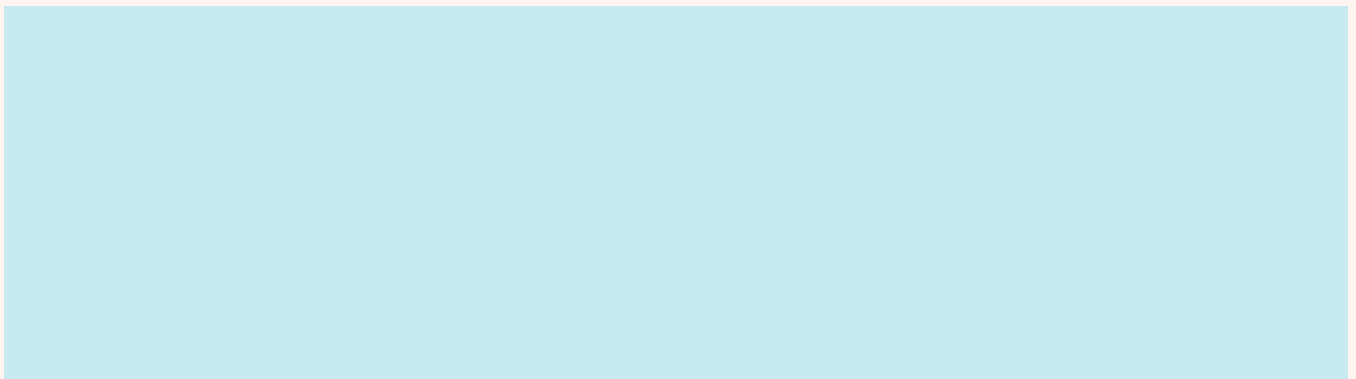


STEP SIX

DEVELOP YOUR COMMUNICATION SKILLS TO BE ASSERTIVE AND TRUE TO YOURSELF

Practice assertive communication by expressing your needs, opinions, and boundaries with clarity and respect. Honoring your authenticity fosters healthier relationships and builds confidence in advocating for yourself. It is a skill you can learn with practice.

WHAT ARE THREE AREAS OF
YOUR LIFE WHERE YOU WANT
TO BE MORE ASSERTIVE?
IN WHAT WAYS?





STEP SEVEN

RECONNECT WITH YOUR LIKES AND DISLIKES

Revisiting your preferences helps you reconnect with your authentic self. Embrace activities that bring you joy and eliminate those that no longer resonate with your values and interests. Examine your values and see if the way you are allocating your time is still in line with them. Tweak and rearrange as necessary.

LIKES & DISLIKES

Think about your likes & dislikes, then write down the first things that come to mind, this is an ongoing exercise so keep at it



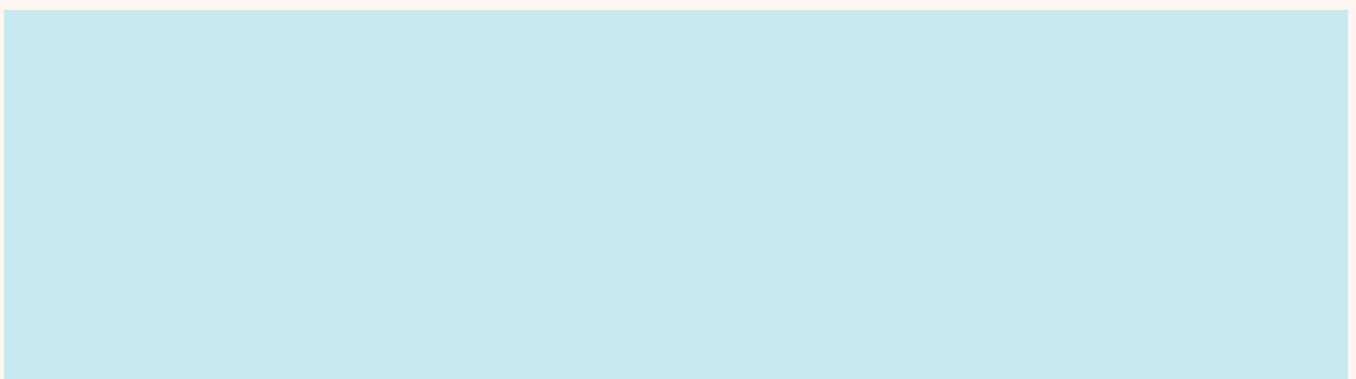
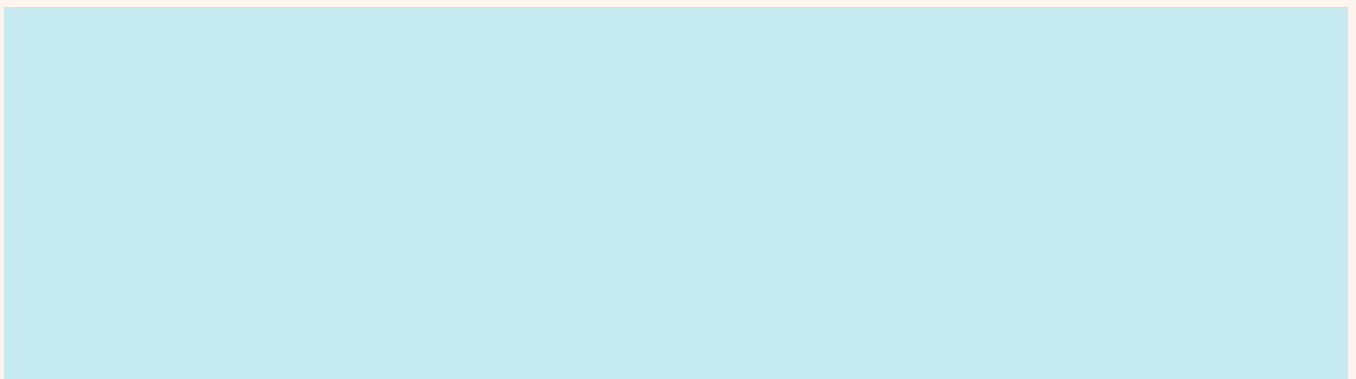
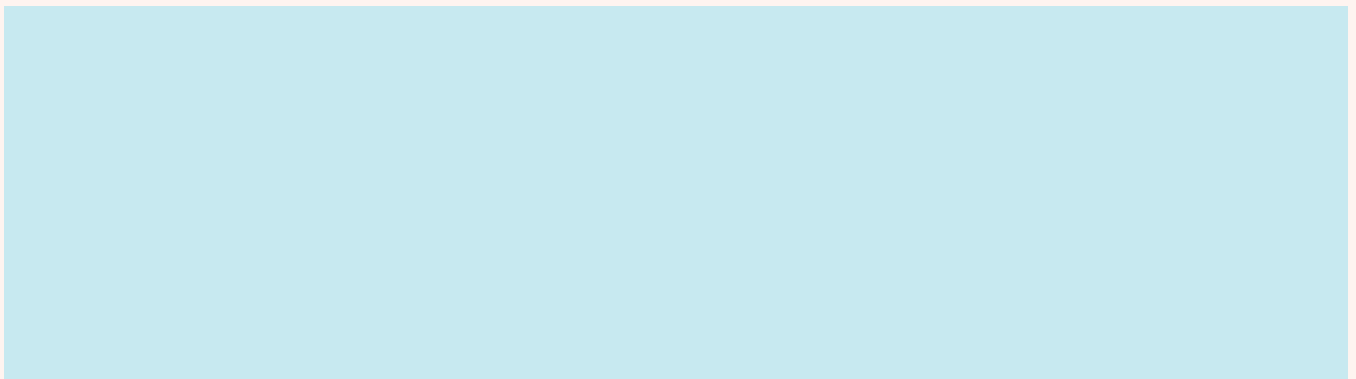


STEP EIGHT

IMPROVE YOUR BOUNDARY SETTING

Establish clear boundaries in your personal and professional life. Learn to say no when necessary and prioritize commitments that align with your values and well-being. Healthy boundaries preserve your energy and promote self-respect. Developing boundaries applies to creating boundaries for others, but also for yourself.

WHAT ARE THREE
BOUNDARIES YOU WANT TO
SET IN YOUR LIFE?





STEP NINE

MAKE SELF-CARE A PRIORITY

This can include exercise, adequate rest, healthy eating, and engaging in activities that promote relaxation and rejuvenation. Valuing self-care is essential for maintaining peak performance and personal clarity. Make sure the self-care activities you do feel like self-care to YOU, not necessarily trends or what the world is like for other people.

Self Care Commitment 1

Deadline:

I am committed to

Why this is important:

Steps I have to take:

Self Care Commitment 2

Deadline:

I am committed to

Why this is important:

Steps I have to take:

Self Care Commitment 3

Deadline:

I am committed to

Why this is important:

Steps I have to take:

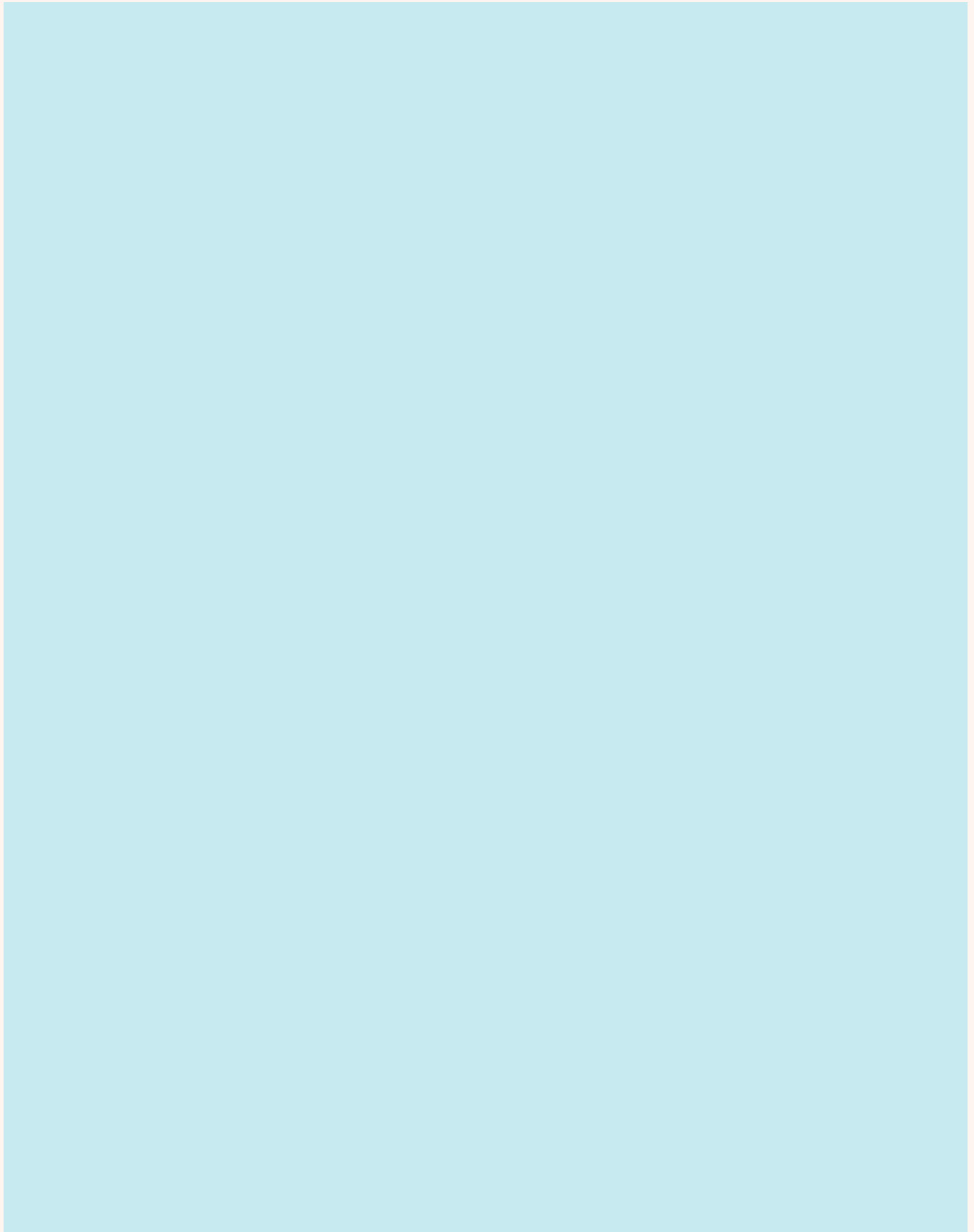


STEP TEN

LEARN THE ABILITY TO BE FLEXIBLE

Embrace adaptability in the face of challenges or unexpected changes. Cultivate a growth mindset that welcomes learning from setbacks and adjusting your approach as needed. Flexibility enhances your capacity to navigate complex situations with grace. Flexibility also means meeting yourself where you are in any specific situation. What is your bandwidth? What is the level of reciprocity you expect? Is the future you in agreement with this decision? Are you creating a precedent you don't want to be bound to in the upcoming months?

NOTES & REFLECTIONS



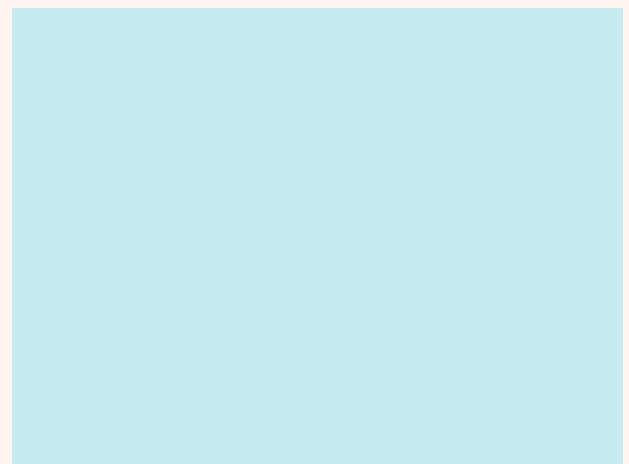
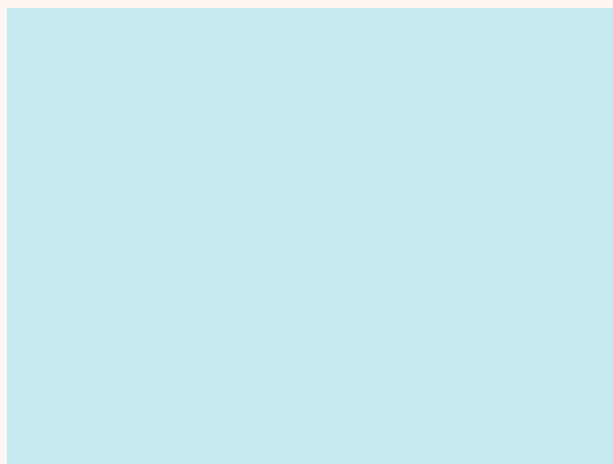
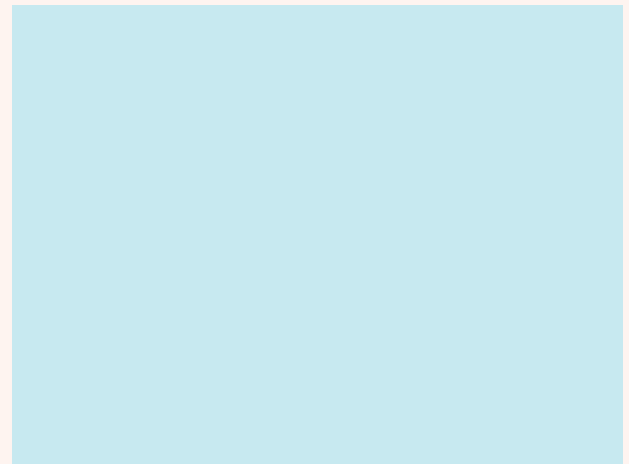
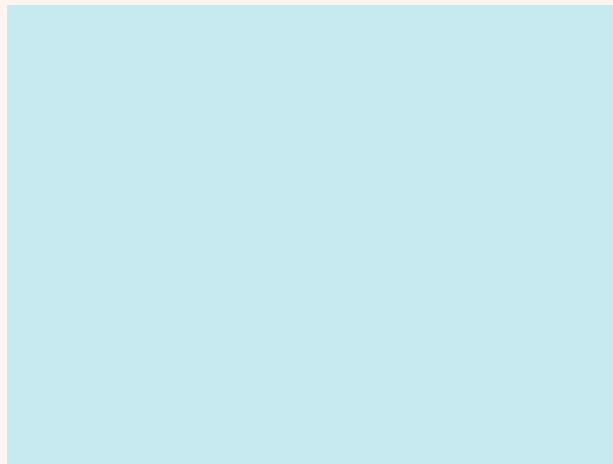
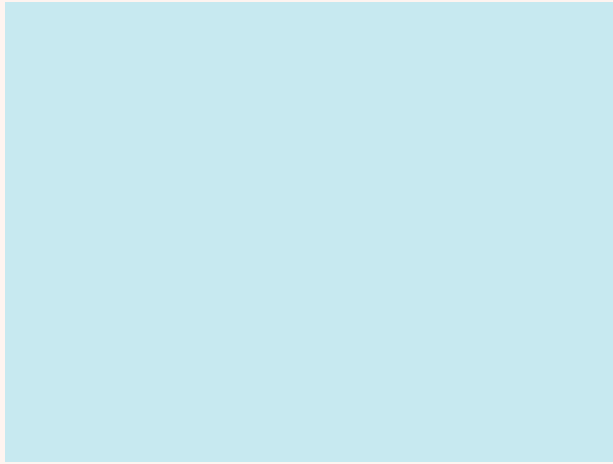


STEP ELEVEN

BUILD A TEAM AND A PRACTICE TO SUPPORT YOUR GROWTH

Surround yourself with mentors, peers, and professionals who inspire and support your personal and professional development. Establishing a network of support fosters collaboration, learning, and mutual growth.

WHO IS IN YOUR SUPPORT TEAM?





STEP TWELVE

COMMIT TO HEALING

Address past traumas through therapy or specialized interventions. Processing and healing from traumatic experiences liberates emotional energy and promotes inner peace and resilience.

MY HEALING GOAL IS:

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Why

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When

Blank white circular area for writing the timing of the goal.

How

Blank white circular area for writing the method of achieving the goal.

Action

Blank white circular area for writing the specific actions to take.



STEP THIRTEEN

GIVE YOURSELF PERMISSION TO ENJOY THE LIFE YOU HAVE BUILT

Celebrate your achievements and milestones. Allow yourself to savor success without guilt or self-doubt. Cultivate gratitude for the life you've created and embrace moments of joy and fulfillment.

I accomplished:

I am celebrating this accomplishment with:

I'm really thankful for:

Other Positive Notes:



STEP FOURTEEN

SHINE BRIGHT

Embrace your unique qualities and talents without fear of judgment. Allow your light to shine authentically, inspiring others through your success and authenticity.

HOW ARE YOU EMBRACING YOUR UNIQUE QUALITIES & TALENTS?

Stop Doing

Do Less

Keep Doing

Do More

Start Doing

“

YOU DESERVE THE
WORLD
AND EVERYTHING IN IT

-KAY DE SIMONE



Kay De Simone

THE MENTAL HEALTH ENGINEER

WORK WITH KAY



Specializing in high achievers, I offer tailored strategies to boost well-being and performance.

Elevate your team's mental resilience and productivity with an engaging transformational speaker and trainer.

Contact our team to learn more.

[CONTACT
KAY'S TEAM](#)



Kay De Simone

THE MENTAL HEALTH ENGINEER

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