



Mini Retreat Workbook

WELLNESS AT THE CENTER



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A MINI RETREAT FOR
BEAUTY PROFESSIONALS



MIND



HEART



BODY



CAREER

PUTTING YOUR HEALTH,
WELLBEING & SUCCESS **FIRST.**

FUTURE PROOF YOUR **MENTAL** HEALTH, **BODY** & **CAREER** LONGEVITY.

A MINI RETREAT FOR BEAUTY PROFESSIONALS
COMING TO A STORE NEAR YOU *with Elizabeth Faye*

A love note from me

I'm so glad you're here.

Beauty professionals spend so much of our lives caring for everyone else. This Mini Retreat is your invitation to turn some of that care back toward yourself.

Today is not about fixing yourself, performing, or adding more to your to-do list. It is a chance to pause, breathe, reconnect with the person behind the professional, and notice what your mind, heart, body, and career have been asking for.

Be honest. Be curious. Take what serves you. Leave what doesn't. You do not need to have all the answers. You only need to begin.

You deserve to feel good and love your life!

With love, Elizabeth Faye



What to expect

A guided pause designed for reflection, connection, and real-life support.

01

Pause + reconnect

Slow down and return to what matters.

02

Reflect honestly

Notice what you are carrying right now.

03

Practice tools

Protect your energy and recognize your signs.

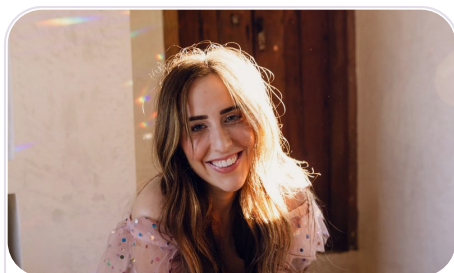
04

Leave with a plan

Create your personal 30-day Wellness Blueprint.

Stay connected

Scan now so the support, tools, and community are easy to find later.



FOLLOW ON INSTAGRAM

@heyelizabethfaye

Elizabeth Faye, The Vitality Project founder.



JOIN OUR WELLNESS COMMUNITY

@jointhevitalityproject

Encouragement, tools + connection.



JOIN THE MEMBERSHIP

The Vitality Project

Coaching, community + wellness tools.



SECTION 1

Your Purpose + Your Impact

Purpose has a way of bringing us back to what matters. Before the long days, full schedules, and demands of your career, there was something that called you to this work. Take a moment to reconnect with that part of yourself.



REMEMBER YOUR WHY

When in your life or career have you felt in your purpose, in your calling, and lit up about what you do?



RECOGNIZE YOUR IMPACT

Why do you love your career?

What do you love most about it?

SECTION 2

What Are You Carrying?

The work we do asks us to care deeply about other people. Sometimes, without realizing it, we begin carrying more than we realize. Use your sticky notes to name what is present before you try to let anything go.



WHAT YOU'RE CARRYING

WHAT YOU CARE ABOUT

WHAT'S HOLDING YOU BACK



JOURNAL PROMPT

What did you notice as you saw and heard everything you're carrying reflected back to you?



SECTION 3

The Art of Holding Space + Protecting Your Energy

Empathy and connection are gifts. The Golden Bubble reminds us that we can care deeply, stay connected, and be compassionate without carrying everything with us.



The Golden Bubble

I CAN CARE DEEPLY WITHOUT CARRYING IT ALL.

- 1 Picture them inside the light.
- 2 Stay present without fixing.
- 3 Release what is not yours.

YOUR 30-DAY PRACTICE

Which practice would make your life feel a little easier right now?

Choose one to focus on for the next 30 days.



Holding Space

☐


Active Listening

☐


Soft Skills

☐


Boundaries

☐

HOW WILL YOU PRACTICE IT?

Write one small, specific action you can repeat in your real life.

Protect What Matters



MIND + MENTAL HEALTH

What are a few ways that work for you to protect your mind and mental health?



HEART + BODY

What personally helps your heart and the core of your body feel protected?



SKILLS + TOOLS

What skills and tools have helped you, are you learning, or could you improve?



SECTION 4

Recognizing + Preventing Burnout

Burnout happens when we've been going too hard, too fast, for too long without enough recovery. It builds in stages, and the warning signs can start to feel normal. Your nervous system is your sensing system. Learning to recognize your cues helps you know when it is time to slow down, recover, and take better care of yourself.

A NOTE TO REMEMBER

The warning signs can start to feel normal.

PAUSE. NOTICE. RESPOND.



KNOW YOUR SIGNS

What are some of the signs and signals that you notice well before burnout?

NOTICE



WHAT ARE YOUR BUMPER RAILS?

When you're starting to feel burned out or overwhelmed, before you totally crash out, what can you do to help yourself recover more quickly and along the way?



The Vitality Wheel™

Complete the Vitality Wheel™ worksheet

- Fill in each section of the Vitality Wheel™, rating yourself 1-10 on where you feel like you are currently in each section of your life. (1 being lowest 10 being highest)

The Vitality Wheel™ is a circular diagram divided into six colored segments, each representing a different aspect of life. The segments are labeled as follows:

- EMOTIONAL** (Green)
- MENTAL** (Blue)
- SPIRITUAL** (Purple)
- PHYSICAL** (Orange)
- SOCIAL** (Pink)
- OCCUPATIONAL** (Yellow)

Each segment has a radial scale from 1 to 10, with 1 being the lowest and 10 being the highest. The center of the wheel is divided into six colored segments corresponding to the outer ones, with a white arrow pointing towards the center.

SECTION 6

My Wellness Blueprint

The wheel gives you awareness. Your blueprint turns what you noticed into a simple plan you can carry into everyday life. Choose what feels supportive and realistic - not perfect.

THE AREA I WANT TO SUPPORT

☐ EMOTIONAL

☐ MENTAL

☐ SPIRITUAL

☐ PHYSICAL

☐ SOCIAL

☐ OCCUPATIONAL


MY FOCUS

The area that needs the most love and attention right now is:



MY PRACTICE

One small thing I will do consistently to support myself is:



MY BUMPER RAIL

When I notice my signs or signals, I can help myself by:



MY COMMUNITY

Who can support, encourage, or help keep me connected?



MY 30-DAY COMMITMENT

For the next 30 days, I will support my vitality by:

START DATE: _____

REVISIT MY WHEEL ON: _____



MY FIRST TINY STEP

The smallest action I can take next is:



WHAT WILL MAKE THIS EASIER?

A support, boundary, or reminder I can use:



Keep going

Three ways to keep your vitality going

Share your experience, stay supported, and keep every practice close by.

01 ENTER THE GIVEAWAY

Your story could win a year inside The Vitality Project.

ONE WINNER RECEIVES A FULL YEAR OF MEMBERSHIP. UP TO A \$2,000 VALUE.

- 1 Post a photo or video from your Mini Retreat.
- 2 Share why wellness matters and your Mini Retreat testimonial.
- 3 Tag @jointhevitalityproject, @heyelizabethfaye + @saloncentric.
- 4 Add #jointhevitalityproject + #whywellnessmatters

THE MORE YOU POST, THE MORE YOU ENTER. EVERY POST IS AN ENTRY.



SPECIAL MEMBERSHIP OFFER

A full year of The Vitality Project membership, 20% off.

Plus Sacred Stylist, Elizabeth Faye's \$5,000 program, free with your membership.

ADMIT ONE • 12-MONTH MEMBERSHIP • OFFER ENDS OCT 25

SAVINGS UP TO A MAXIMUM OF \$2,000

YOUR EXCLUSIVE OFFER
ENDS OCTOBER 25



SCAN TO JOIN

Price returns after October 25.

03 YOUR FREE DIGITAL JOURNAL

Download your free Mini Retreat Journal

Scan the code, enter your name and email, and keep every reflection and practice from today close by.



SCAN TO DOWNLOAD



Mini Retreat Journal

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