



THE OVERACHIEVER HANDBOOK

A GUIDE TO HEALING FOR THE OVERACHIEVER

By Ryan Tyrrell

The Overachiever Handbook

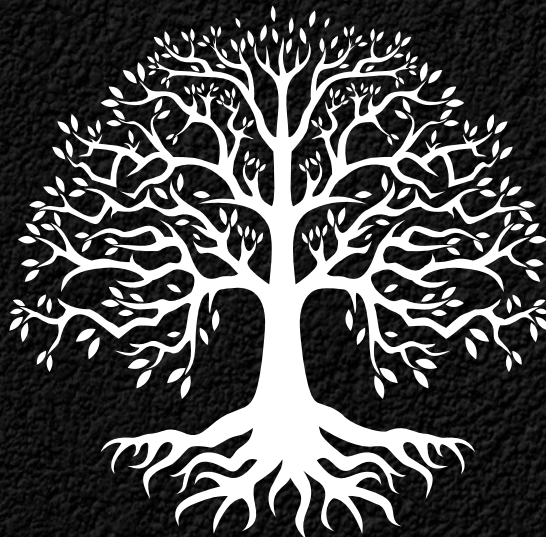
A guide to healing for the overachiever

THE OVERACHIEVER ARCHETYPE

You've been wired to go hard, aim high, and never settle. Your drive to achieve isn't just about success — it's been your way of earning worth, proving you're enough, and staying in control.

But behind the relentless goals and high standards is often a deep discomfort with slowing down. Rest feels unproductive. Celebrating your wins? Rarely happens — because there's always the next thing.

This archetype isn't bad. It's just tired. And it's calling out for balance, self-compassion, and a new definition of success — one that doesn't cost your wellbeing.



As an Overachiever, you likely pride yourself on your relentless drive, focus, and ability to push yourself past limits to accomplish more.

However, this pursuit of excellence can often lead to burnout, exhaustion, neglecting personal well-being and relationships.

Healing for an overachiever is about rebalancing life, acknowledging that success doesn't always mean doing more, and learning how to embrace rest, self-compassion, and mindfulness.

Over the next pages we will focus on 3 steps to begin to integrate the “Overachiever” in you, to help you find healing, restore balance, and nurture yourself while maintaining your ambition.



STEP 1

Awareness: Acknowledge Your Need For Healing

- **Recognise the signs of burnout:** Its common for overachievers to push through exhaustion.
- Becoming conscious that chronic fatigue, irritability, anxiety, loss of motivation and physical symptoms (Headaches, trouble sleeping) are signs you may need to pause and rest
- **Understand the importance of self care:** Overachievers may neglect their own needs in favour of tasks and goals. Healing requires you proritize your physical, emotional and mental health.

ACTIVITY: DAILY CHECK IN QUESTIONS!

Remember there are no right or wrong answers- the goal is to become more attuned to your own needs and feelings.

Feel free to write the answers to the below questions in a journal and display the questions where you can see them daily.

1. "How am I feeling right now?"
2. "What does my body need at this moment?"
3. "What self-care action can I take today?"
4. "Is there anything I need to forgive myself for?"
5. "What am I grateful for today?"

STEP 2

Shift Your Mindset Around Success

- **Redefine Success:** Shift your mindset from measuring success by productivity alone to also considering your well-being. Success can mean balance, inner peace, and fulfilment, not just external achievements.
- **Cultivate Self-Compassion:** Learn to treat yourself with kindness instead of harsh self-criticism. This means forgiving yourself for not always meeting every goal and embracing imperfections as part of the human experience.
- **Don't be afraid to fail** - "You never lose, you learn"



ACTIVITY: A DREAM DAY IN LIFE! (JOURNAL)

Imagine you are just waking up and feel in perfect alignment....

Describe what your “perfect day” looks like, incorporating your “new vision” of success?

When you wake up.....

- **What do you see around you in your home?**
- **Who are you with?**
- **What does the scenery look like, what can you hear?**
- **What are you eating?**
- **What does your morning/afternoon/evening look like?**
- **How does your internal dialogue sound?**
- **Who else that I value shows up in my Dream Day?**

Describe your “Dream Day” in the present tense, imagine the details of your new life are filled with safety, connection and love.

Read your “Dream Day” each morning as you wake up and just before going to bed. Spend a few minutes visualising your day, picture yourself waking up into this new chapter, embracing this new version of yourself.

See it, feel it, and experience it as if it's already real.

You might like to play some music or a guided meditation during this process.

STEP 3

Normalise Rest and Recovery.

- **Take Regular Breaks:** Schedule breaks throughout the day, especially during work, to rest and recharge. This can include a short walk, a meditation session, or just a few minutes of deep breathing.
- **Honour Your Need for Sleep:** Proper sleep is essential for recovery. Commit to a consistent sleep routine, aiming for at least 7-8 hours per night. Sleep is the body's natural healing process.
- **Take Days Off:** Overachievers often work through weekends and vacation days. Schedule intentional time off to unplug, disconnect from work, and focus on relaxation.

ACTIVITY: TRY SOMETHING NEW!

Try some of the practices or activities suggested below which help bring you back into your body, incorporating rest and play.

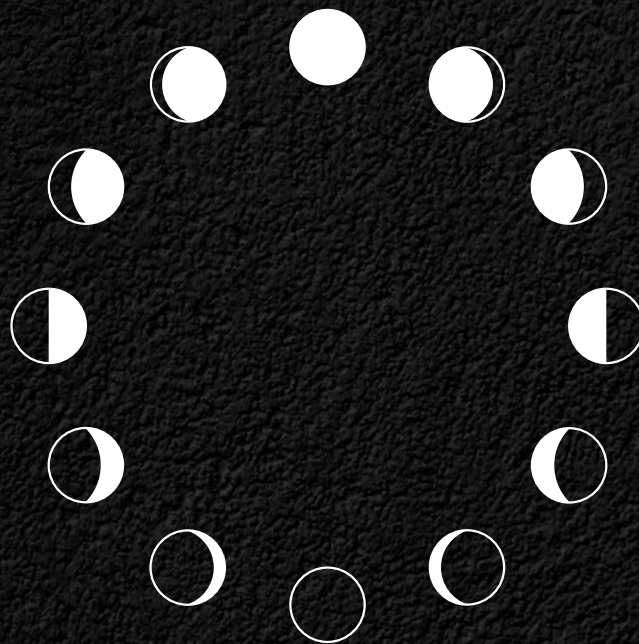
- Walk in nature
- Attend a Breath Work session/class (I advise finding a competent practitioner)
- Attend a yoga class.
- Take yourself on a date, go for lunch, a movie or to your fav coffee shop.
- Meditate (There are many meditation apps that provide guided meditations such as Insight Timer, The Way)
- Invite mates for a game of basketball, golf, kick the footy or a cold dip/plunge together.

Remember: Healing is a Process

As an overachiever, you may find it difficult to slow down or accept that healing takes time. The key is not to view this process as a setback but as a necessary part of achieving sustainable success in the future.

Embrace the journey of healing and allow yourself to grow into a version of yourself that is balanced, fulfilled, and resilient.

“Slow Down To Speed Up”





Hi, I'm Ryan

If you've made it this far, you're not just an overachiever—you're someone who's ready to transform how you live, lead, and love.

I know what it's like to wear the mask of high performance while silently burning out behind the scenes. I've walked the path—from professional rugby fields and police force shifts to the kind of emotional exhaustion that no paycheque or promotion can fix. I hit a breaking point in 2015, literally, and I knew my approach to life had to change, before it was too late.

I've done the work to rewrite the story. Now, I help others do the same.

I'm a transformational coach, facilitator, and speaker—here to support high achievers like you to break free from burnout, people-pleasing, and perfectionism, and build a life that feels strong, steady, and true to who you are.

Whether you're navigating a personal turning point or just feeling like there has to be more than this... you don't have to figure it out alone.

You're not broken. You're becoming.

And I'd be honoured to walk alongside you.

Want to take the next step? Book a free discovery call, catch-up call [HERE](#).

— Ryan