



The Burnout Paradox Breakthrough

Ready to break free from the burnout paradox? This exercise will help you identify your key stressors, energy drains, and opportunities for positive change.

Part 1: Rapid Fire Reflection

Without overthinking, jot down your immediate responses to these prompts:

1. Three tasks that energize you at work:

2. Three tasks that drain you:

3. One boundary you wish you had:

4. One skill you would love to develop:

5. Your ideal workday in three words:

Part 2: The Energy Audit

Think about your typical week.

Score each area from **1** (major energy *drain*) to **5** (major energy *boost*):

- Meetings:
- Email management:
- Strategic planning:
- Team interactions:
- Personal development:
- Work-life balance:

Identify your lowest and highest scores. What one change could you make to improve your lowest score or leverage your highest?

Part 3: Strategic Realignment

Based on your reflections:

1. What's one task you'll delegate this week?

2. What's one boundary you'll set in the next month?

3. What's one energy-boosting activity you'll schedule in your calendar?

4. What's one skill you'll start developing to reignite your passion?

Bonus Challenge: The 2-Minute Reset

Design a 2-minute "reset ritual" you can use between meetings or tasks to recenter yourself. It could be a breathing exercise, a quick stretch, or a mental imagery technique. Write it down and commit to trying it for one week.

Remember, small, consistent changes can lead to significant breakthroughs. Revisit this exercise monthly to track your progress and refine your strategy for sustainable success.