

Overcoming Burnout

Let's get out of the crash & burn cycle.

It **IS** possible to run your business without burning out.

ask yourself



BURNOUT PLAN #1

What do I shine at, what do I stink at, and what zaps my energy?

BURNOUT PLAN #2

How can I encourage my team to spread their wings rather than relying so much on ME?

BURNOUT PLAN #3

Where am I most profitable?
I'll bless & release the rest.

solutions



Write a list of all things you stink at or that zap your energy.

What can you delete?
What can you delegate?
What can you do differently?
Who can you learn from so you don't stink at something anymore?

Write a list of habits you can shift to encourage your team to take ownership.

Can you guide them to learn rather than doing it for them?

CHOOSE YOUR PATH(S):

Vendor Events
Speaker
Home Parties
Online Sales
Developing Leaders to Thrive

examples



- Pay someone \$100/month to make your social media graphics
- Swapping tasks with another Damsel
- If you've never made any \$\$\$ on social media, only post 2x/week & focus on your profitable strategies

- Instead of you researching the answer, teach them to research it.
- Create Loom tutorials, so you don't have to repeat yourself
- Set hours that you set aside to answer questions and don't answer outside these hours.

- Create a QR Code document that leads to your Calendly Speaking Inquiry to book speaking events & home parties. Put it in a frame & bring it to all of your events.
- Take everyone on your team through your leader training

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BURNOUT PLAN #4

What am I doing manually that can be done in an automated way?

BURNOUT PLAN #5

What are my top needs & personality? Am I building my business based on those?

solutions



Write a list of your tasks & decide what can be automated

What digital platforms can you utilize to save you a ton of time? There is no need to do so many things manually.

Intentionally build your business to meet your top needs:

Love & Connection
Significance
Certainty
Variety

examples



- Create a Calendly automated calendar link to book speaking events, home parties & training with your team
- Create a Loom tutorial library to answer team & customer questions.
- Create a Google Drive folder or Trello board that the entire team contributes to.
- If you have a need for love & connection, be sure to build in intentional connection time with your team and customers
- If you have a need for significance, dial in your speaking strategy and deliver an amazing safety message.
- If you have a need for certainty, dial in your systems & processes, so you know exactly what you need to do every single day.
- If you have a need for variety, be sure to have a variety of ways you share Damsel