

# Overcoming Burnout



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

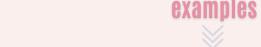
It **IS** possible to run your business without burning out.

### ask yourself



What do I shine at.

### 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?

- 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

#### **BURNOUT PLAN #2**

team to spread their relying so much on ME?

#### 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?

- 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.

#### **BURNOUT PLAN #3**

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

#### **CHOOSE YOUR PATH(S):**

**Vendor Events** Speaker Home Parties Online Sales Developing Leaders to Thrive

- 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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## ask yourself

## solutions

## examples

#### **BURNOUT PLAN #4**

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

## 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.

- 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.

#### **BURNOUT PLAN #5**

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

## Intentionally build your business to meet your top needs:

Love & Connection Significance Certainty Variety

- 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