

**Is the Whirlwind Spiraling
into Burnout?**

**Take Action: Assess
the Root Cause, and
Identify the Impact**



The Root of Your Burnout
Workbook

Root of Your Burnout

Assess what you're thinking:

What are the five recurring thoughts you have about your current situation?

1

2

3

4

5

Claim back your time. Have peace of mind.



Root of Your Burnout

Instructions

For each thought identified on the previous page, think about what event(s), person(s), or fact(s) make you believe this thought to be true. Write the thought in the headers and what justifies this thinking (i.e., evidence) in the box.

01

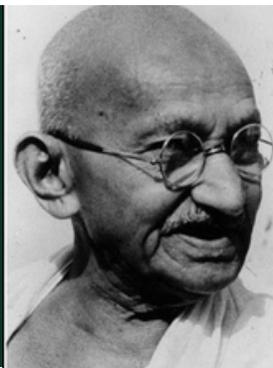
02

03

04

05

"Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values, your values become your destiny."



Root of Your Burnout

Take inventory of your beliefs, see answers on previous page

Categorize each statement as limiting or encouraging. Now add up what you classified as limiting and divide that answer by the total number of statements to calculate the % of limiting beliefs.

BELIEFS	LIMITING / ENCOURAGING?

% of Limiting Beliefs

Root of Your Burnout

Identify the primary emotion you feel

Looking at your % of limiting beliefs, when you think about this sense of burnout you're experiencing, what word(s) would you use to describe the overall feeling you have about your situation:

No Choice Dead-end Dishonest No time

Hostile Opposition Toxic Strife

Jealousy Anger Envy Disagreements

Conflict Dread Stress Anxiety

Overwhelm Drained Frustrated Concerned

Demotivated Worried Exhausted Unheard

Write how these words influence your actions

As you think about how to describe the way you feel about your situation, how is it impacting the way you're performing and executing on deliverables?

Don't suffer in silence. Reach out for help.



Root of Your Burnout

Now that you've identified the root of your burnout, (1) what do you hope to feel instead? (2) What needs to happen or be true about your situation to reframe those limiting beliefs? (3) How might you begin to change your thinking from limiting to encouraging as it relates to your problem? (4) How willing are you to make the changes necessary to feel how you hope to feel?

1

2

3

4

Write your key take away in completing this workbook

What new insight do you have and how are you planning to make a positive change to claim back time and have a peace of mind?

Contact me to learn more: