


Breaking the Burnout Cycle

Starter Checklist

The 5 Pillars of Burnout Recovery

A proven framework to help you move from overwhelm to resilience:

- 1. Awareness** – Notice the signals of stress before they spiral.
- 2. Boundaries** – Protect your time, energy, and focus.
- 3. Beliefs** – Reframe the inner dialogue holding you back.
- 4. Alignment** – Restore harmony between your values, priorities, and daily actions.
- 5. Breakthrough** – Take small steps toward sustainable alignment and growth.

 *Tip: Use this checklist as your first step. Each pillar builds on the next, creating a cycle of recovery you can return to anytime you feel burnout creeping in.*

Your Checklist

1. Awareness

- Identify one recurring stress signal (tension, irritability, fatigue).
 - Write down your top 3 energy drains from the past week.
 - Rate your current energy level on a scale of 1–10.
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2. Boundaries

- Choose one task to delegate, defer, or delete this week.
 - Block a “no work zone” each day (30+ minutes, no emails or calls).
 - Say “no” (or “not right now”) to one non-essential request.
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3. Beliefs

- Write down one piece of negative self-talk you’ve noticed.
 - Replace it with a supportive statement (e.g., “*I’m falling behind*” → “*I’m pacing myself for sustainability*”).
 - Note one personal strength that has helped you overcome challenges.
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4. Alignment

- Schedule one non-negotiable self-care activity (sleep, walk, yoga, journaling).

- Plan at least one 15-minute reset break into your workday.
 - Unplug from screens for 30 minutes before bed.
 - Reflect: *“Does how I spent my time today align with what matters most to me?”*
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5. Breakthrough

- Set one small, achievable goal that brings you closer to alignment (e.g., leaving work on time 2 days this week).
 - Celebrate one win — no matter how small — at the end of the week.
 - Write down one area where you’d like extra support or accountability.
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✨ Next Step

This checklist is your **starting point**. Imagine how much more is possible when you go deeper into the 5 Pillars. That’s where my **Breaking the Burnout Cycle** coaching program and **Wellness Reset Masterclass** come in.

👉 Ready to reset? *Work with me* and let’s build your path from burnout to breakthrough.