

## 3 Ways You Can Immediately Begin to Reverse Burnout

There are three main sources of professional burnout today. Two involve work; overwhelm from prolonged overload, and frustration from environments with outdated management methods and leadership goals. The third source – personal frustration from missing out, feeling trapped, and having regrets - is one we can immediately take on to begin reversing burnout when we:

1. **Decide to Take Control.** This is a values-based decision and mindset shift as much as a practical application of being more intentional with our time and establishing boundaries. We cannot take control until we value ourselves and have more urgency around the time we have – which we often forget is not at all guaranteed. We need to want to be present, to matter, and to become our best selves. We are more than what we do, and the discontent and frustration we feel is because gaps exist between “what we do”, “who we are”, and “who we are serving”.

*Pro Tip:* List 3 events or experiences you missed or were too busy for over the past month. Schedule a time today to personally connect with those involved to plan the next one. Then, follow through and begin participating in the life you desire.

2. **Create and Maintain Margin.** Margin is quiet time and personal ‘white space’ away from devices and distractions where we can gain clarity. Clarity allows us to see gaps and traps and regain ownership in the details and direction of our life.

*Pro Tip:* Take 30 minutes each day for the next 5 days and identify gaps between your present reality and desired future in terms of family, friends, community, career, and personal growth. Then, take that time over the following 5 days to identify how the common traps of comfort, money, and the momentum of your past and present circumstances may be keeping you stuck.

3. **Take Steps Toward a Full Life.** A full life includes being able to provide for ourselves and our families, but not exclusively. No amount of traditional success will fully satisfy. At best, it is a milestone. Three additional elements make for a full life: an authentic and positive self-image with a sense of purpose; living life with others and having a sense of belonging; and comfort in knowing a higher power and grander plan exists for life beyond what we can immediately see.

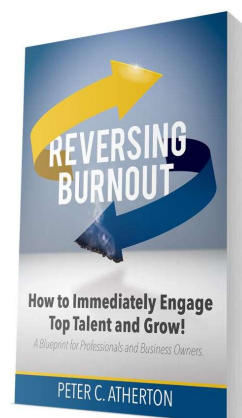
*Pro Tip:* Think about the past 6 months and list all the activities you have been involved with outside of “providing” that have moved you in the direction of personal growth; family, neighbor, and community belonging; and spiritual comfort. Then, as necessary, take immediate steps to rebalance and leave regret behind.

Connect with us to learn more about how we can help you and your organization win today.

To Your Winning,



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