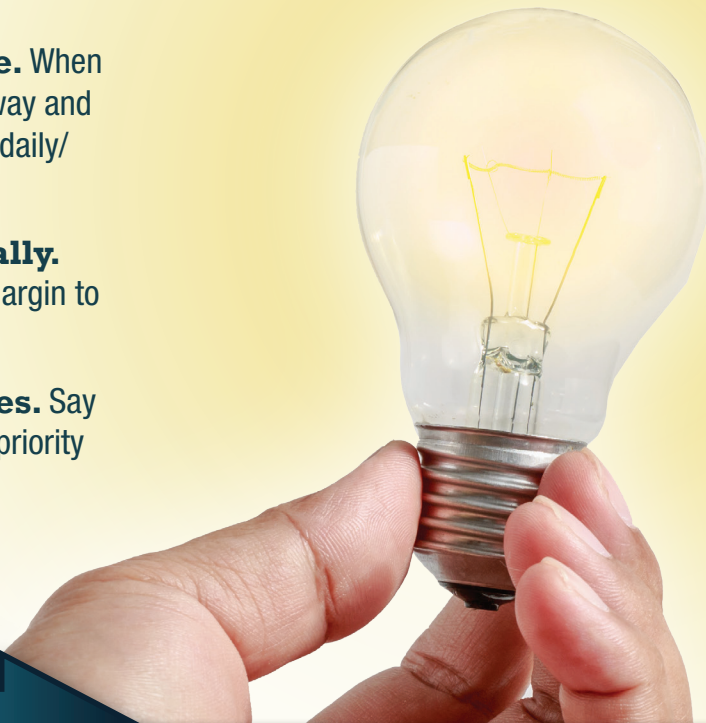


11 STRATEGIES TO BEAT BURNOUT & SHINE BRIGHTLY!

- 1. Recognize danger Signs/read your gauges.** These are the overstressed indicators that you would say “are not usually like me.”
- 2. Schedule a personal retreat.** Assess who you are, where you are at and where you want to go. Do personality and strengths assessments, set your course, and make them into a personal mission statement to guide you forward.
- 3. Delegate routine tasks.** Practice empowerment through delegation. Stay on track as you focus on the main things!
- 4. Combat stress.** Establish recovery time to unplug after ramped-up seasons of pressure. (Weekends, vacations, etc.)
- 5. Step back for a brief re-charge.** When you feel your gauge red-lining, push away and step back for a brief re-charge. Depart daily/withdraw weekly/adjourn annually.
- 6. Structure your days strategically.** Only 3 priorities per day, and enough margin to give a cushion for the unexpected.
- 7. Establish & enforce boundaries.** Say no—so that you can say yes to higher priority people and tasks.
- 8. Do it now!** Procrastination is an anxiety-producer. The earlier you tackle a task, the more your stress is reduced. Just start.
- 9. Fill your tank with your passions.** Fill up on a regular basis to bring out missing joy. Do good things for your spirit each day.
- 10. Develop a new habit/routine.** Find ways to inspire growth physically, spiritually, socially, and mentally. Meditation? Exercise? Hobby?
- 11. Hire a lifecoach!** Make an appointment today with a lifecoach who will objectively help you get to your goals!



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