



BURN-OUT
WITHOUT FIRE
LIGHTS OUT
NO FLAME
DARKNESS
COLD
LOSS OF POWER
NO MORE ENERGY
DONE



WHERE IN LIFE DO YOU NOT INCLUDE THE WORD 'NO'?

SYMPTOMS OF BURNOUT SYNDROME



WHAT IS YOUR RELATIONSHIP TO ASKING FOR HELP OR SUPPORT?

Are you a recovering perfectionist?

- What are the most common characteristics of the burn-out individual?
- Name three annoyances in life that steal your energy and rob your joy?
- What are you tolerating in life?
- What do you avoid at all costs?

WHAT IS THIS WAY OF BEING COSTING YOU?

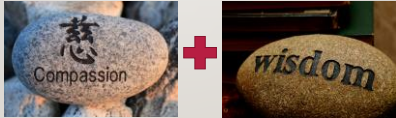
FOUR STAGES OF BURNOUT

- Physical – when the nervous system is locked in 'FFF' activity.
- Mental – when the ego and self won't let go.
- Emotional – when there is a loss in ability to regulate emotions.
- Spiritual – when balance becomes a moving target.

WHICH ONE RESONATES THE MOST WITH YOU?

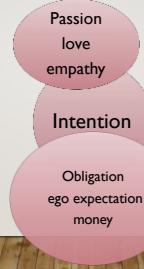
WISDOM IS KNOWLEDGE APPLIED.

- Wisdom without compassion is dangerous.
- Compassion without wisdom is dangerous.



ARE YOUR CHOICES EMPOWERING YOU OR DISEMPowering YOU?

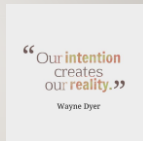
WHERE DOES YOUR INTENTION COME FROM?



WHAT IS YOUR PURPOSE IN LIFE?

THE THOUGHTS TO RESULTS FORMULA

- Thoughts/perceptions create....
- Feelings/emotions....
- Actions/re-actions....
- Results/'positive/negative'.....
 - Love, joy, passion
 - Peace, laughter, fun
 - Depression & Anxiety
 - Buffering or numbing or addiction
 - Adrenal Fatigue
 - Burnout Syndrome and compassion exhaustion



ARE YOUR THOUGHTS MOVING YOU TOWARDS AN INSPIRING FUTURE OR KEEPING YOU ROOTED IN THE PAST?

Thought #1 – My 7:00 client drives me crazy.

Thought #2 – My 7:00 client inspires me.



WHAT IS YOUR PURPOSE IN LIFE?

HUMAN BEING VS. HUMAN DOING

- Being = heart + executive brain.
- Doing = head + primitive brain.

WHAT IS YOUR GREATEST GIFT AND HOW ARE YOU WITHOLDING IT FROM THE WORLD?

Your Values are not a list to choose from but rather a 'knowing' aligned with your 'BEING'.



WHAT IS YOUR PURPOSE IN LIFE?

AREAS IN YOUR LIFE TO LOOK AT ALIGNING C.V

- SELF
- SPOUSE, PARTNER, SIGNIFICANT OTHER
- CAREER
- FAMILY
- FRIENDS
- PERSONAL GROWTH
- HEALTH
- MONEY
- FUN AND RECREATION
- PERSONAL ENVIRONMENT

WHERE ARE YOU MOST IN AND OUT OF ALIGNMENT? WHAT IS THAT COSTING YOU?

HEALTHY PRIORITIES CHECKLIST

- 1.Spouse
- 2.Career/job/volunteer work
- 3.Family
- 4.Self
- 5.Friends

WHY?

HEALTHY PRIORITIES CHECKLIST

- 1.Self (self-aware not self-ish)
- 2.Spouse
- 3.Career
- 4.Family (friends)
- 5.Friends (family)

WHY NOT?



- When we feel disconnected from ourselves and our lives, compulsions, numbing, addictions and buffering become a substitute for the true joy of being who we are.
- The greatest gift we can give to others is to take time to simply be, to listen to, and live from, our center. As we learn to nourish ourselves in this way, we can give from a full tank, and our giving honors everyone.
- Our bodies are constantly speaking to us, giving us clues to what it needs. If we don't listen to the whispers they can become screams.
- **Being** is composed of moments when your mind, body and heart/spirit are all in the same place at the same time.

WHAT WAS THE LAST THING YOU FAILED AT AND WHAT DID YOU LEARN FROM THAT EXPERIENCE?

WHAT DO YOU WANT YOUR FUTURE TO LOOK LIKE?



WHAT ARE YOU WILLING TO DO TO CREATE IT?

WHAT PRACTICES ARE YOU WILLING TO PUT INTO PLACE TODAY?


- START A GRATITUDE JOURNAL
- Join something that has nothing to do with fitness.
- Meditation, yoga, stretch
- Commit to 7 hours of sleep
- Seek the advice of a counsellor, physician, spiritual leader
- Turn your phone off after 7pm
- Start saying NO or YES
- Listen to relevant pod casts daily
- Change the way your job looks
- Hire a P/A

• ARE YOU WILLING TO HIRE A COACH?


Your future is in your hands.



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