Beat Burnout

Exhausted. Cynical. Running on empty. You are not broken. You are depleted. And depleted is fixable.

THE FRAMEWORK

Burnout is not a character flaw. It is not weakness. It is what happens when deeply committed people give everything they have for too long without replenishing what they give from. You cannot pour from an empty cup. Restoration is not a reward for finishing everything on your list. It is a requirement for staying in the game.

THE 3 DIMENSIONS OF BURNOUT

Exhaustion

Physical and emotional depletion. Running on reserves you do not have. The feeling that no matter how much you sleep, you never feel rested.

Cynicism

The meaning has drained out. You are going through the motions. The work that once energized you now feels hollow. Disconnection from purpose.

Inefficacy

Nothing you do feels like it matters. Effort and impact have become disconnected. The quiet belief that you are not making a difference anymore.

You cannot lead well, love well, or live well running on empty.

Fill the cup. Then pour.

Always choose better.

REFLECTION QUESTIONS

1. Which of the three dimensions, exhaustion, cynicism, or inefficacy, is showing up most for you right now at work or in life?

2. What is draining you most right now, at work or at home, and what can you do to restore it?

3. Which Micro-Habit will you focus on strengthening this week at work or in life?

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Small enough to start today. Powerful enough to change everything.

THE 7 MICRO-HABITS

Seven habits. All seven. Every day. Less than ten minutes total. Designed to prevent burnout before it arrives and restore you when it does.

1 Morning Jumpstart

Before you check your phone, choose one word for how you intend to show up today.

2 Choose Your Response

Pause one full breath before reacting. That breath is where your power lives.

3 Take Five

One minute of stillness, five times a day. Before meetings. After hard conversations.

4 Choose Connection

Put the phone down. Be fully present with one person, once a day.

5 Be a Glimmer Hunter

Look for small moments of good throughout your day. Not once. As many times as you can. Train your brain to find what is right.

6 Protect What Matters

Set one clear boundary today. Not from guilt. From values. Protect your time, your energy, and what matters most.

7 Nightly Reset

Three wins, one lesson, one intention for tomorrow. Every night.

Ready to restore?

Download all framework guides free at:

drtimcrowley.com/toolkit

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