# The Burnout Bounce-Back *Framework*



HIGH VOLTAGE
*Leadership*

# Recover. Realign. **Reclaim Your Role as CEO.**

For the founder who's accomplished a lot—but feels like she's unraveling behind the scenes..



This guide gives you a strategic path **back to your power.**

# Step 1

# Reset Your Boundaries

*"Make space before you try to make progress."*

You can't scale your business if you're leaking energy all over the place. Start with subtraction, not more effort.

## Ask Yourself:

- Where am I saying "yes" out of guilt, habit, or fear?
- What commitments no longer serve the version of me I'm becoming?
- Where do I need to stop rescuing or over-functioning for my team?

🔑 **Burnout Truth:** Boundaries are not selfish—they're a leadership skill.

# Step 2

# Reconnect to Your Purpose

*"What are you building—and why does it still matter?"*

When burnout hits, your passion gets blurry. This step brings it back into focus.

## Ask Yourself:

- What's the bigger vision I'm working toward?
- What does success feel like—not just look like on Instagram?
- What legacy am I creating through this business?

**CEO Reminder:** Your purpose is your most renewable energy source.

# Step 3

# Reclaim Your Calendar

*"Strategic time isn't a luxury—it's your oxygen mask."*

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## Ask Yourself:

- What's the bigger vision I'm working toward?
- What does success feel like—not just look like on Instagram?
- What legacy am I creating through this business?



**Power Move:** The most powerful shift I made in my own business? I blocked two hours every Thursday morning for CEO time—and it changed everything.

# Burnout Recovery Checklist

For founders who are fried, but still leading. This isn't about more discipline. It's about rebuilding your business around you—not the other way around.

## 1 Audit Your Energy (Not Just Your Time)

- ○ Track your week: What drains vs. fuels you?
- ○ Sort tasks into: Delegate, Drop, or Do Differently.
- ○ Ask daily: What would protect my energy today?

## 2 Create Boundaries That Actually Hold

- ○ Pick one non-negotiable boundary this week.
- ○ Communicate it clearly to your team/family.
- ○ Hold it—even when it's uncomfortable.

## 3 Redefine Productivity

- ○ Replace "busy" with aligned.
- ○ Cancel or delegate 1 obligation.
- ○ Schedule thinking time like a board meeting.

## 4 Restore Joy and Ownership

- ○ Reintroduce something that used to light you up.
- ○ Reconnect with your zone of genius once a week.
- ○ Ask: "Where can I feel proud again?"

## 5 Build a Recovery Routine

- Choose one “burnout breaker” ritual: *breathwork, journaling, nature, silence.*
- Block time to recover after launches or heavy weeks.
- Schedule solo CEO retreats—yes, even 1 hour counts.

## 6 Ask for Real Support

- Hire help (VA, OBM, therapist, coach).
- Delegate with trust—not guilt.
- Talk to someone safe. No more hiding!

## 7 Redefine Succes for This Season

- What does “enough” look like now?
- Where can you scale *ease*, not just effort?
- Let your season dictate your strategy.

## 8 Revisit Your Vision

- Why did you start this business?
- What dream still matters most?
- How can you lead from that place again?



# Final Reminder

You don't need a nap **—you need a new system.**

You don't need to push harder—**you need support.**

You don't need to prove anything—**you need to lead with alignment.**



*Recover. Realign. Reclaim Your Role as CEO!*