

Burnout Recovery Planner

Energy Audit: Identifying Drains and Boosts

Track your daily activities for one week.

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Identify tasks that energize you and those that drain you.

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What can you delegate or eliminate to focus on high-value activities?

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What changes can you make to improve your daily energy levels?

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Self-Care Plan: Recharging Your Mind and Body

What physical activities (e.g., walking, yoga) help you recharge?

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What hobbies or interests bring you joy?

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How can you incorporate relaxation techniques into your daily routine?

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What steps can you take to improve your sleep habits?

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Weekly Reflection: Reclaiming Focus and Clarity

What went well this week?

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What challenges did you face, and how did you overcome them?

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What self-care activities did you practice?

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What's one thing you'll do differently next week to reduce stress?

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