

# 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. Divert 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.** Use Decision filters. 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 coach!** Make an appointment today with a coach who will objectively help you get to your goals!



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