

MANY VOICES
ONE COMMUNITY



HOW TO AVOID BURNOUT

WORKSHOP WORKBOOK

Presented by:
Ashley Sutton

Founder, Hustle & Hope

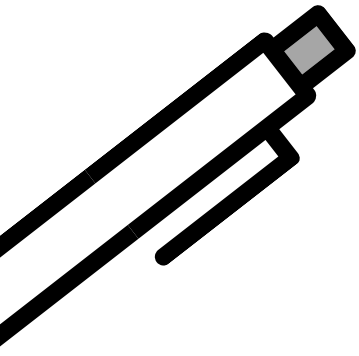




WHAT'S UP WITH WORK?



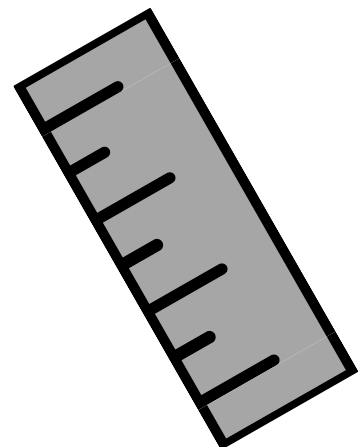
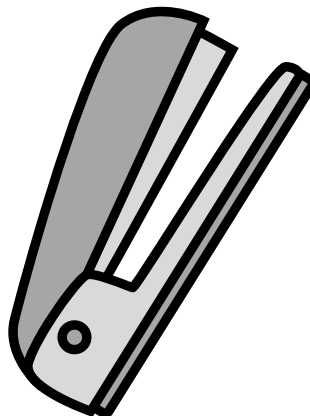
- Do you often take a lunch break which barely lasts 30 minutes? Have you found yourself working through lunch at your desk?
- Do you miss out on quality time with your family, and/or friends because of pressure of work?
- Do you work late hours every day?
- Do you feel "on" always?
- Do you think work is having a negative effect on your personal life?
- Do you often think that you do not get enough time for yourself?
- Are you unable to complete tasks on time?
- Do you feel anxious or upset about things going on at work?
- Have you ever felt physical symptoms such as headaches, illness, or dizziness?
- Do you feel tired or drained because of work?
- Have you ever looked up and realized you haven't taken a vacation?
- Do you get anxiety about taking vacation?



Interactive activity based on...

CHAPTER 5: YOU, THE BUSINESS

Time is a resource, perhaps your most valuable resource because it is in limited supply...you can't magically create more time. And it's not a natural resource, like oil; there is no place you can go to get more of it!

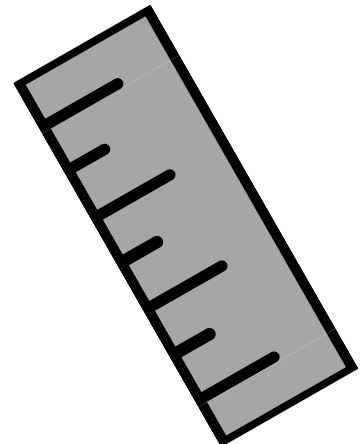
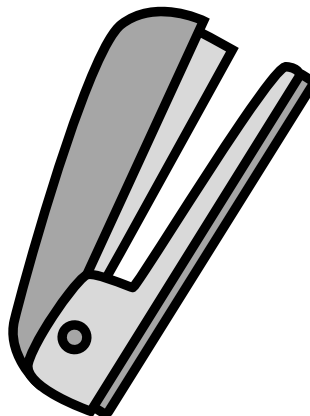
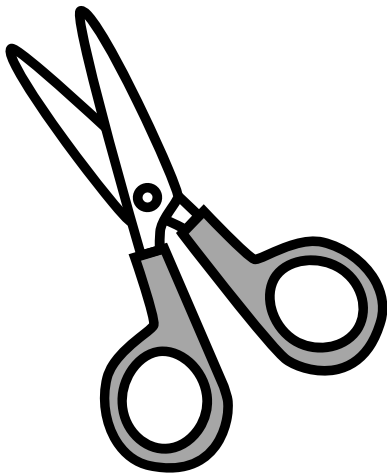


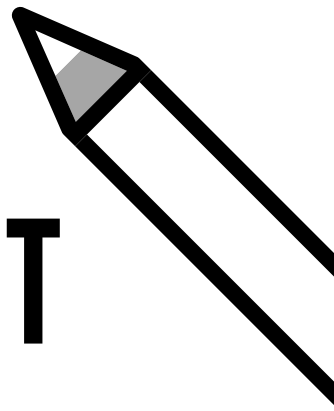
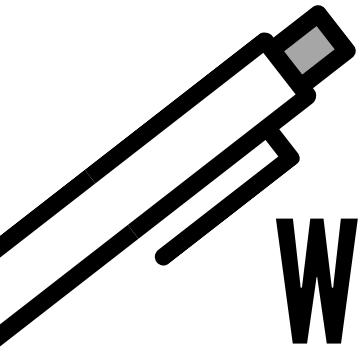
MY ENERGY CADENCE

Match any of the below feelings to the corresponding time of day (if applicable)

- Cruise Control • At 70% • On fire • Slowing Down
- Tired • Vibrant • Hungry • Distracted

6 – 8 am	8 – 10 am	10 am – 12pm	12 – 2 pm	2 – 4 pm	4 – 6 pm	6 – 8 pm	8 – 10 pm

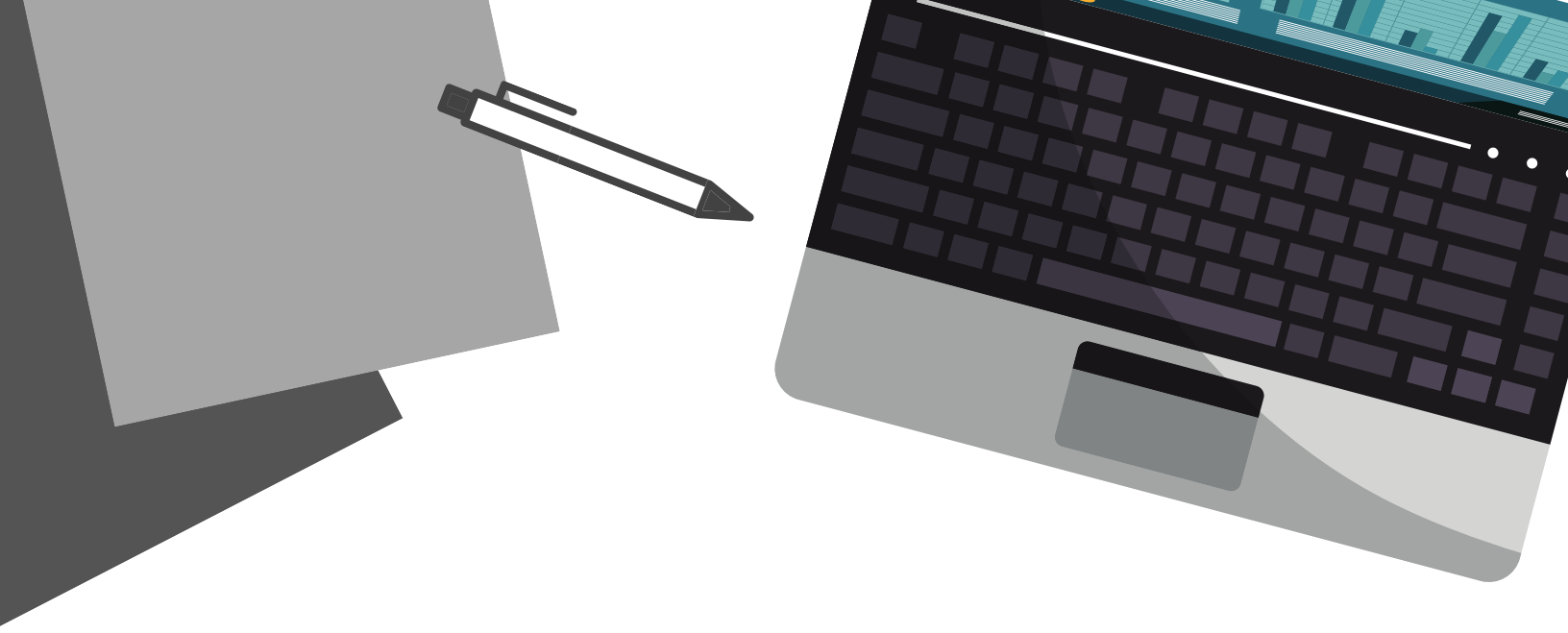




WHAT DID I DO AT WORK?

Part 1:

Part 2:



LET'S CONNECT!

@hustleandhope

Hustle & HOPE