

## **Your Personal Plan to Beat Burnout**

### **1. Goals**

**1A. Your overarching goal is reduce or prevent burnout and improve your well-being and happiness.**

**1B. List any additional, personal goals you have (e.g., feel less overwhelmed, recover a sense of purpose and meaning at work, etc.):**

### **2. Signs and Symptoms**

**2A. What are your personal “warning signs” and symptoms of burnout?**

**2B. Does burnout cause you any other problems? If so, what are they:**

### **3. Triggers**

**What are your personal triggers or causes for feeling burned out?**

### **4. Coping Skills and Strategies**

**Name at least one and up to three skills or strategies that you can use to combat burnout:**

(1)

(2)

(3)

## **5. Get Started!**

**5A. Name one or two things you can do this week to get started in combating burnout?**

(1)

(2)

**5B. What other actions or steps can you take in the future to beat burnout and improve your well-being?**