



STRESS & BURNOUT



- What is currently creating the most stress in my life?
- What responsibility feels heavier than it should?
- What am I carrying that I do not need to carry alone?
- What signs tell me I need a break?
- When did I last feel genuinely rested?
- What expectation is exhausting me?
- What task can I simplify today?
- What boundary would protect my energy?
- What does rest look like for me beyond sleep?
- What activity helps me feel like myself again?
- What am I saying yes to when I want to say no?
- What is one thing I can remove from my schedule?
- How has stress changed my habits?
- What does a balanced day look like for me?
- What would I do differently if I stopped trying to prove myself?

