

Burnout Recovery Checklist

Reduce demand

- Cancel, delay, delegate, or simplify one nonessential demand.
- Let one standard be good enough for now.

Restore basics

- Water, food, daylight, movement, sleep, and fewer inputs.
- Choose one quiet hour this week.

Find the drain

The pattern spending me faster than I recover is...

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Return gradually

Add one commitment back slowly.

Protect one source of pleasure or rest.
The boundary that would protect my recovery is...

The support I need to ask for is...