

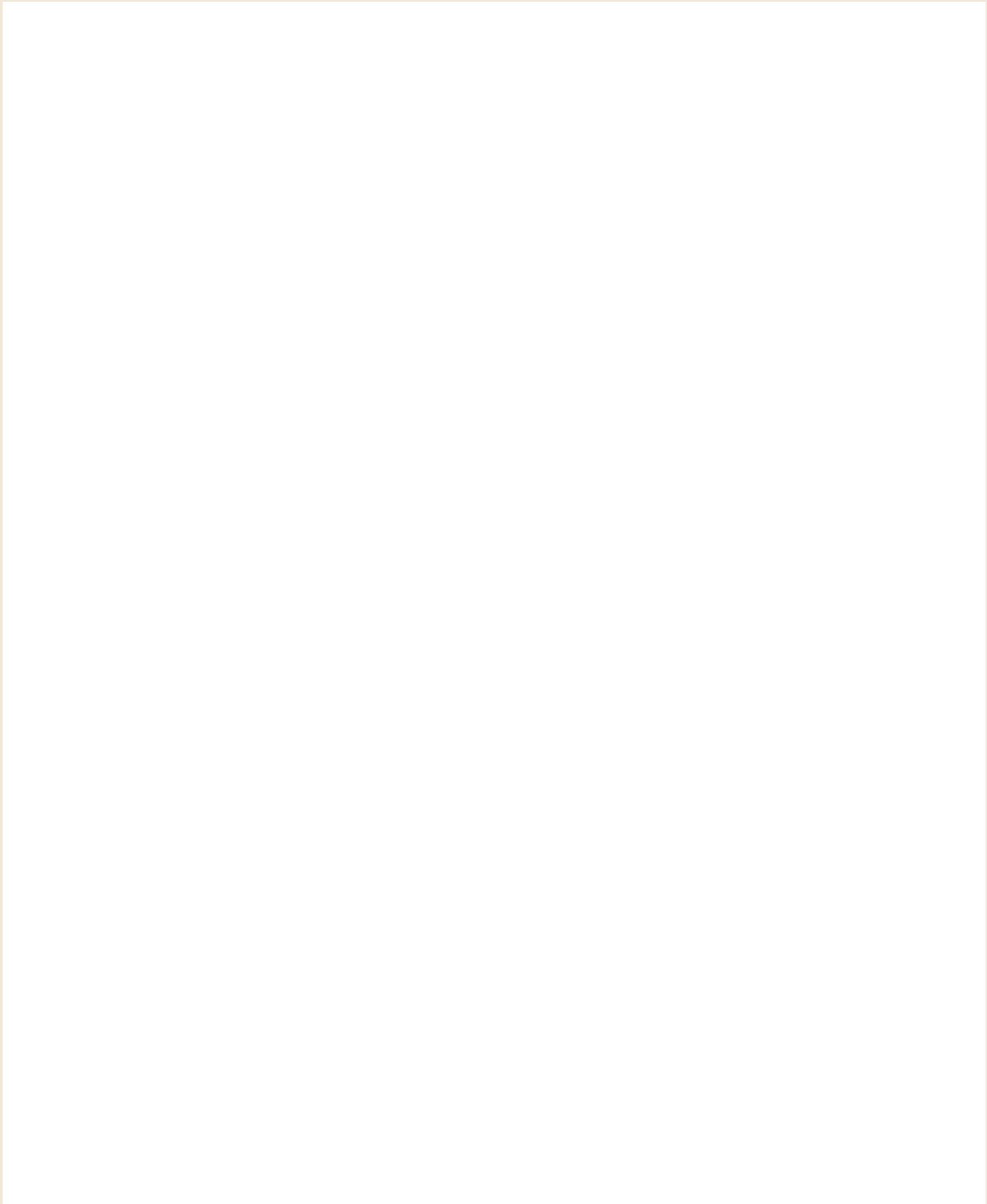
**STAGE 1: ROCK BOTTOM**

**Ask yourself: How am I feeling? How is this burnout manifesting in my body, in my mind, and in my business? What do I need right now? What does my mind, body, and spirit need to feel okay?**

A large white rectangular area intended for writing or reflection, occupying the central portion of the page below the introductory text.

**STAGE 2: REST**

**Is there anything you can take off your plate or delegate? What space in your schedule and life can you protect for rest? What rest do you need right now?**



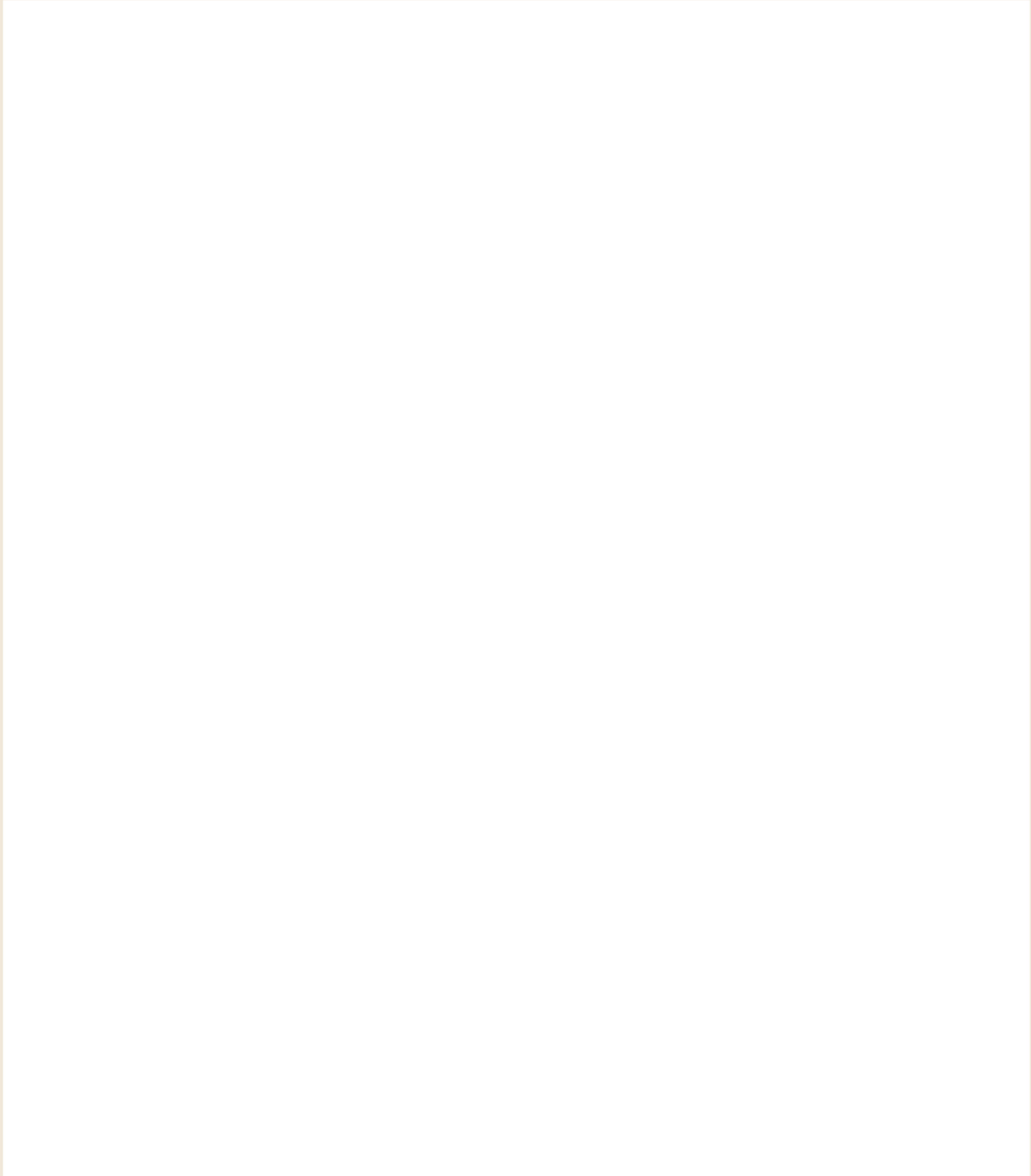
**STAGE 3: PROCESSING**

**What led to this burnout? What hasn't been working for you, or what circumstances have shaped this energetic exhaustion and fatigue? What has this burnout taught you about your needs and desires in your business moving forward? What do you need that you haven't had available to you so far?**



**STAGE 4: RECALIBRATION**

**Ask yourself: What is my vision for my business moving forward? What am I no longer willing to accept for myself in my business? What is just a one way road to burnout that I'm no longer willing to walk down? What changes, big or small, do I want to make in my business? How can I support myself to have the space and support I need to thrive in my business and my life?**



**STAGE 5: REBUILDING**

**Ask yourself: How can I support myself to be present in this season? What do I need to feel supported to make the changes in my business that I want to make? Is there anything I want to remind myself of so I can stay present and grounded along the way?**



All Rights Reserved. Jen Carrington, 2020 ©