

Exercise: Your Burnout Antidote

There are three elements to the burnout antidote, and you need to spend time doing all three of them to help keep you in the Zone. Writing them down (or drawing them or recording them in some other way) can help you remember and prioritise them.

Burnout antidote ingredients	What are the things you do that help you feel this way?	How could you make more space for this?
Feeling in the driving seat of your life		
Feeling that you are capable and are doing things that have meaning for you		
Feeling supported by other people who get you		