

Your Antiburnout Mindset Summer Check-In



Keep burnout at bay with a regular self check in



Relax

You won't be in the right mindset to complete your check in if you are running around trying to get a million things done. Take some time out for yourself to make sure you are in the right zone.

Reflect

Think about what has been happening in your life for the last few weeks and months. What has made you feel good? and what has made you feel stressed? Have your actions been aligned with your core values and contributing to what **you** want to do and where **you** want to be in life?

Re-align

Think about what tweaks you could make to your routines to balance your scales better. Is there something you enjoy you could do more of? or a small change to make your life easier? If you think a bigger change is needed what small step could you take towards this goal?

Re-start

Write down a list of the changes you have identified and the actions you need to take to realise them. Then finish your check in by identifying five things in your life you are grateful for.