

Your Anti-burnout Check-In



A simple reflection to help you stay aligned with what matters most.



Taking just a few minutes to pause and reflect can help you notice what's giving you energy, what's draining it, and whether your daily life still reflects what matters most to you.

There are no right or wrong answers. This is simply an opportunity to pause, notice what you've learned about yourself, and decide what small changes could support you over the coming months..

Checking in with yourself

- How is my energy compared with three months ago?
- What emotions have shown up most often recently?
- What has been giving me energy?
- What has been draining me?
- What has surprised me about myself recently?

Checking in with your values

- What has mattered most to me this month?
- How have my actions reflected that?
- What have I been saying yes to that felt right?
- What have I been saying yes to out of habit or obligation?

Checking in with your needs

- What feels heavier than it needs to?
- What can I let go of?
- Where do I need more support?
- What's one small change that I could make this month?

Looking ahead

- What do I want to protect when life becomes busier again?
- What is one boundary I'd like to keep?
- How do I want to feel this autumn?

Remember: burnout recovery isn't about changing everything overnight. Small, intentional changes can make a big difference over time. Learn more about managing burnout: www.balancingbluebells.co.uk.