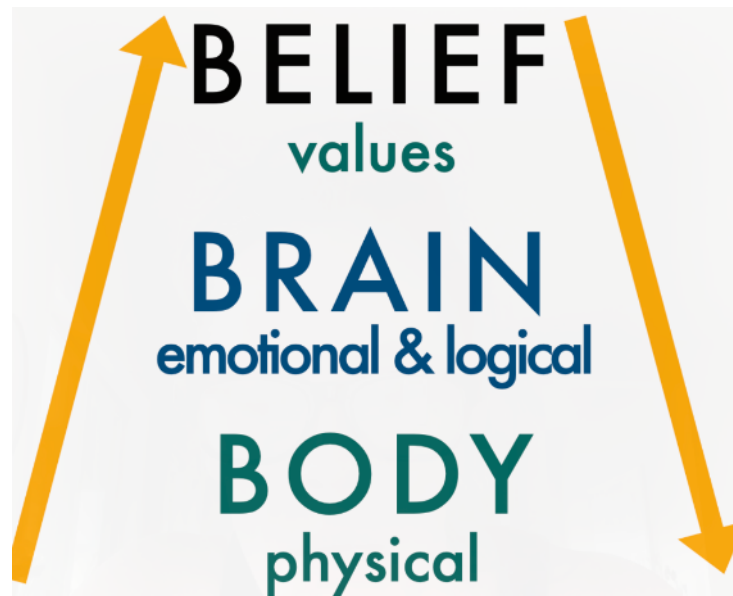


The Science of Beating Burnout as an Entrepreneur

Introduction:

How ya doing? No ... really.

What is burnout, scientifically speaking?



Burnout is when _____ exceeds _____.

Which of these energy tanks do you feel needs work/growth?

Energy Tank	Growth Prioritization	Thoughts/Reflection
Belief		
Brain		
Body		

Emotional Energy Evaluation

Where are you spending your emotional energy?

(Use the Quadrant here)

1. Choose a “normal” day of the week.
2. Set a timer to go off every 60 minutes.
3. At the timer, make a tally mark in the quadrant where you feel your emotional energy is being invested at that moment.
4. At the end of the day, evaluate where you spend most of your emotional energy and how this impacts your resulting feelings, beliefs, and actions.
5. Are you investing your emotional energy effectively?
6. If not, what can you do to invest more effectively?

Oscillation Strategies

Strategy 1: Parasympathetic Breathing

Use parasympathetic breathing to move you into the lower left emotional quadrant.

Reminder: *The Anatomy of Breathing*

Begin by bringing awareness to your breathing and keep the following in mind:

Mouth: Closed

Chin: Level

Shoulders: Level

Chest: Horizontal movement

Abdomen (belly): Begins breathing action

1. 4 second inhale
2. Hold for 7 seconds
3. Exhale for 8 seconds
4. Repeat

Strategy 2: Gratitude “Re-Mapping”

Use this strategy to bring you from the left side of the quadrants to the lower right.

Reminder: *The Impact of Writing?*

1. Establish time(s) during the day where you are unlikely to be interrupted.
2. Set a timer for 30+ seconds.
3. Begin writing down things for which you are grateful. (*use prompts below*)
4. Then, take it a step further and explain *why* you are grateful for each. (*use prompts below*)
5. Do not focus on writing down as many things as possible. Focus on writing down and identifying the things in your life you are truly grateful for and why.
6. Repeat this daily for at least 30 days.

I am thankful for:

(Why is this important to you?)

I am thankful for:

(Why is this important to you?)

I am thankful for:

(Why is this important to you?)

I am thankful for:

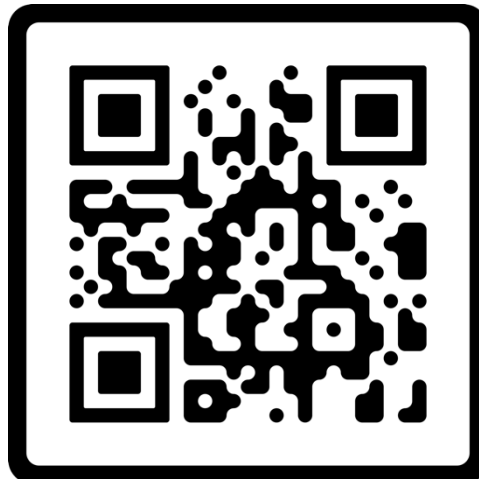
(Why is this important to you?)

Strategy 3: Challenge Acceptance

Acknowledging and accepting your role in overcoming challenges helps build emotional resilience.

Answer the following questions as honestly as possible. Focus on YOUR role in meeting the challenge vs. external influences that may be causing the challenge.

1. What is a current challenge that is consuming your emotional/mental energy?
2. How does the thought of this challenge make you feel?
3. Aside from external forces, what must YOU do to overcome this challenge. Be specific.
4. If you accept this challenge and act, what is the likely outcome?
5. If you don't accept this challenge and fail to act, what is the likely outcome?
6. Do you accept this challenge, or not? Why, or why not?
7. If you accept this challenge, write down your first action step.
8. Rewrite all the above for a minimum of 7 days.



THANK YOU
Brett Klika & Shannon Fable