

# Burnout to Brilliance

## Day 1 Journal Prompts

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From 0 being Nothing to 10 being Totally Fried...How Burned Out are You?

The areas in my life where I feel most burned out are...

What does my life look like when I'm thriving?

List All The Ways Burnout Is Currently Affecting Your Life

I Haven't Admitted How Burned Out I Am Because...

If My Body Could Tell Me Anything Right Now, It Would Be...

Pause...Get Silent...and LISTEN to your body.