Burnout to Brilliance

Day 1 Journal Prompts

From O being Nothing to 10 being Totally Fried How Burned Out are You?
From 0 being Nothing to 10 being Totally FriedHow 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 Wave Brown and la Commandate Affaction Wave Life
List All The Ways Burnout Is Currently Affecting Your Life



l Haven't Admitted How Burned Out I Am Because	
If My Body Could Tell Me Anything Right Now, It Would Be	ə
If My Body Could Tell Me Anything Right Now, It Would Be PauseGet Silentand LISTEN to your body.	e
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