

Burnout to Brilliance

Day 2 Journal Prompts

Which Area Of Burnout Do You Feel Resonates the Most With You? Why?

It can be one, two or all three types!

What Does Stress Feel Like In Your Body? What are your physical symptoms?

Do you feel the need to be "busy"? What do you believe your busy-ness is distracting you from?

What is your current level of self-satisfaction? If it isn't high, why not?

Name 5 positive people you interact with in your life.

What do you WANT to believe spiritually? What current spiritual practices or beliefs leave you feeling depleted?