



Banish Burnout and Bounce Back!

Major Life Events

Being fired
Promotions
Demotions
Relocation

Marriage
Buying a new house
Divorce
Legal Difficulties

Pregnancy
Major illness
Children leaving home
Death of family / friend

Although major life events such as those above can cause burnout, research shows the cumulative effect of common daily hassles is a much better predictor of high burnout. List the common daily hassles you experience in all four areas of your life: Personal / Work / Partnership / Family

D:

D:

D:

D:

My Commitment: Banish Burnout and Bounce Back

3 "Small Steps" I commit to do in 30 days to be more flexible, banish burnout and bounce back!
