

YOUR RESET POWER · RESET CARDS

# Burnout

## When capable stops working

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Six cards for the moment it's hardest to think. Each one has one big line to read when your head is too loud, and one small thing to do. That's all. No homework.

Print the next page, cut along the dotted lines, and keep the ones you need where you'll see them: by the bed, on the fridge, in your bag, in your phone case.

This pack is one of eight. The full set of 48 is at [yourresetpower.com](https://yourresetpower.com).

Bring the mess with you.

Jeanette

**YOURRESETPOWER.COM**

These cards aren't medical advice or a crisis service. If something is happening a lot, talk to a doctor. If anyone is in danger, call your emergency number.

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BURNOUT

You're not lazy. You're overloaded.

When everything feels hard, it's usually because you've done too much for too long. Drop one thing today. Just one.

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Rest isn't the reward. It's the repair.

You don't have to finish everything before you're allowed to stop. Stop before you're empty, not after.

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Good enough is enough today.

Do the smallest version. Beans on toast. Dry shampoo. One email. The smallest version still counts.

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What am I carrying that isn't mine?

Write down everything you're holding right now. Circle one thing you can hand back, delay or drop.

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"I can't take that on right now."

That's a full answer. No reason, no apology, no long explanation needed.

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Snapping is a warning light.

Short temper, forgetting more, nothing feels good: that's your early warning, not proof you're failing. Act on it now.

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