

3-Step Guide for When Your Business Life Is Burning You Out

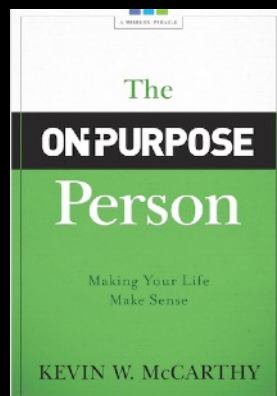
*“He was the image of success on the outside.
But on the inside he was slowing dying.”*



Kevin W. McCarthy

Quote from

*The On-Purpose Person:
Making Your Life Make Sense*





□ Introduction

Burnout rarely shows up as fire, but can quickly end in flames.

Typically, it's a slow burn that creeps up on you: too many responsibilities, too little meaning, and a building awareness that your business life owns you instead of the other way around. You sense your current trajectory does not bode well for you unless something changes.

When you find yourself ... conversing, but not caring. Smiling, but on edge. Successful, but hollow. Capable, but cutting corners. These symptoms are but a few of the warning signs that you're burning out.

You didn't plan to be on the verge of burnout.

But ... here you are about to go up in flames.





Step 1: Investigate

Figure out what's burning you out.

You can't fight what you won't face. Burnout is rarely one thing; it's the accumulation of ignored tensions, such as too many "yeses," unclear expectations, lost boundaries, or ways of working that compromise who you are and for what truly matters.



TO DO:

In Step 1, your job isn't to solve anything. It's simply to investigate the source of your burnout based on the smoldering emotion(s) within you.

- **Briefly describe when you first recognized your business life was costing you more than it was returning.**

- **From the list below, check off your smoldering emotion. Choose all that apply.**

- | | | |
|--------------------------------------|----------------------------------------|---------------------------------------|
| <input type="checkbox"/> Restless | <input type="checkbox"/> Empty | <input type="checkbox"/> Adrift |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Frustrated | <input type="checkbox"/> Stuck |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Disheartened | <input type="checkbox"/> Over it |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Angry | <input type="checkbox"/> Dissatisfied |
| <input type="checkbox"/> Rudderless | <input type="checkbox"/> Resentful | <input type="checkbox"/> Weary |
| <input type="checkbox"/> Alone | <input type="checkbox"/> Distraught | <input type="checkbox"/> Worried |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Meaningless | <input type="checkbox"/> Unloved |
| <input type="checkbox"/> Lost | <input type="checkbox"/> Disillusioned | <input type="checkbox"/> Unfulfilled |
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Sickened | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Disgruntled | <input type="checkbox"/> Tired | <input type="checkbox"/> Hopeless |
| <input type="checkbox"/> Ashamed | <input type="checkbox"/> Uncertain | <input type="checkbox"/> Purposeless |



Step 2: Impact

Grasp what's at stake.

Burnout is a warning light on the dashboard of your life. When you assess the impact of what's really happening, you see beyond the smoke of your symptoms and get to the embers of your issue.

- Maybe you've been performing instead of leading.
- Maybe you've compromised a value and it eats away at you.
- Maybe you've been suffering for so long that you forgot how or never knew how to be true to yourself.
- Maybe you think you need work-life balance.

Getting real about the impact starts with awareness. When you assess what your burnout is costing you, what you stand to regain and gain comes into view, too.



TO DO:

Check off where burnout is costing you right now. Add your own.

- | | | |
|------------------------------------------|----------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Happiness | <input type="checkbox"/> Faith |
| <input type="checkbox"/> Marriage/Family | <input type="checkbox"/> Health | <input type="checkbox"/> Workplace |
| <input type="checkbox"/> Friendships | <input type="checkbox"/> Money | <input type="checkbox"/> Hobby/Sport |
| <input type="checkbox"/> Opportunities | <input type="checkbox"/> Productivity | <input type="checkbox"/> Indigestion |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Peace of mind | <input type="checkbox"/> Job promotion |
| <input type="checkbox"/> Integrity | <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Covering |
| <input type="checkbox"/> Illness | <input type="checkbox"/> Sanity | <input type="checkbox"/> Can't plan |



□ Step 3: Initiate

Break the comfort of inner inertia.

When your life sucks, it's easy to get stuck. This step turns a burnout trajectory into a potential breakthrough. Welcome the warning signals fully aware that something needs to change for the better or else another year of your precious life will be consumed.

You're competent and capable. There's no need to rebuild your entire life. Small strategic adjustments compound quickly: one boundary, one conversation, one clarified priority at a time.

Take the next right step — one that reflects who you are (purpose), where you want to go (vision), what you want to do (mission), and how you'll decide (values) so you flourish instead of flameout.



TO DO:

Write one small next step you can do in the next 24 hours. Here are some suggestions:

- Say “no” to one nonessential meeting
- Delegate a task
- Ask for someone's help
- Set a boundary in an uncomfortable situation
- Block 10 minutes to just think, pray, or meditate
- Set a smartphone alarm to leave work on time

Pull it all together using this fill-in-the-blank summary sentence.

Because I'm feeling (1) _____,

and it's costing me (2) _____,

starting today my next right step is to _____.

Are you ready to put out the burnout?

Burnout is hard to extinguish on your own. Left unchecked, it can turn into an avoidable wildfire. The ultimate goal is for you to move from burning out to flourishing.

If you'd like to discuss what you've started, schedule a conversation with me. I'll do a deep dive into your situation to carve out the most effective path forward.

Additionally, I'll share a few of my best tips and models for stopping the burn. If you haven't already done so, book a time on my calendar for us to meet.



Yes Kevin, Let's Meet!

Click to book 45 minutes with me.

