

# THE BURNOUT *society*

THE BURNOUT SOCIETY IS AFFECTING US ALL IN DIFFERENT WAYS. IT'S LEADING TO STRESS AND EXHAUSTION, AND YET MANY OF US FEEL TRAPPED. WE DON'T KNOW HOW TO KEEP FROM BEING SWEEPED AWAY.

SO, WE ASK OURSELVES, WHAT ON EARTH CAN WE CAN ABOUT IT?

THIS IS A SPACE TO BEGIN MAKING A PLAN. IN THIS SERIES WE ARE TALKING ABOUT FINANCES, TECHNOLOGY, REST, AND OUR INTERIOR LIVES & MORE. SO, WE ENCOURAGE YOU TO USE THIS SPACE TO WRITE OUT SOME OF THE CHOICES YOU ARE MAKING TO GUIDE YOURSELF TO A BETTER APPROACH TO LIFE.

YOU DON'T HAVE TO LET THE BURNOUT SOCIETY DETERMINE WHAT'S BEST FOR YOU.

# PREVENTION PLAN

IN THE NEXT 3 MONTHS, WHAT WILL YOU DO  
DIFFERENTLY TO PREVENT BURNOUT IN YOUR LIFE?

WHAT HABITS IN YOUR LIFE ARE MOVING YOU  
AWAY FROM GOD AND TOWARDS BURNOUT?

WHAT HABITS IN YOUR LIFE HELP YOU MOVE  
TOWARDS GOD AND AWAY FROM BURNOUT?

FINANCES

--

--

TECHNOLOGY

--

--

TIME/REST

--

--

INTERIOR LIFE

--

--