



# How to Avoid Burnout When Setting New Year Resolutions

1. **Burnout Check-In:** Put a check beside anything that feels familiar:

- Exhausted even after rest
- Irritable or easily overwhelmed
- Difficulty focusing
- Low motivation
- Feeling detached
- Saying "yes" too much

What does burnout feel like in your body or emotions?

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2. **Spot the Burnout Triggers:**

Which patterns affect you most?

- Perfectionism
- Overcommitment
- Lack of boundaries
- Neglecting self-care
- Rigid expectations

Your specific triggers:

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### 3. A Gentler Approach to Resolutions:

Rewrite one pressure-filled resolution into a kinder, realistic version.

Old resolution:



A burnout-safe version:



### 4. Your Personal Self-Care Plan:

Fill in one action for each category:

- Rest: \_\_\_\_\_
- Joy: \_\_\_\_\_
- Support: \_\_\_\_\_
- Boundaries: \_\_\_\_\_

### 5. Flexible Mindset Pledge:

How will you allow your goals to evolve as life changes?

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