



# 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?

---

---

2. **Spot the Burnout Triggers:**

Which patterns affect you most?

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

Your specific triggers:

---

---



### 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?

---

---

---

---