



FREE PRACTICAL TOOL

A Rebuilding After Burnout Guide

A gentle way to begin again when rest alone has not made everything feel better.

Start here

- 1 Notice what drains you and what restores even a little energy.
- 2 Protect one non-negotiable pause in your day.
- 3 Choose one demand to reduce, delegate, or renegotiate.
- 4 Build forward slowly: consistency matters more than intensity.

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