



## Joyful Achiever Worksheet

### Theme 15: Generating Energy Without Burnout

This worksheet accompanies the 8 videos in Theme #15 and is designed to help you generate sustainable energy without burning out. Use it to identify energy drains, build recovery habits, and create a rhythm of high performance that protects your wellbeing and long-term success.

#### Video 1: [Burnout Is an Energy Issue, Not Discipline](#)

**Insight Recap:** Pushing harder doesn't create energy. Sustainable success comes from managing energy, not just time.

**Reflection:** Where does your energy drain most during the week?

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**Action Step:** Write 3 energy drains + 3 energy renewers.

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#### Video 2: [Stop Borrowing Tomorrow's Energy](#)

**Insight Recap:** Overriding limits creates "energy debt" that shows up later as fatigue and irritability. Boundaries protect tomorrow.

**Reflection:** Where are you borrowing energy from the future?

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**Action Step:** End work 15–20 minutes earlier tonight.

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**Video 3: Energy Follows Alignment**

**Insight Recap:** Misalignment drains energy faster than effort. Alignment restores vitality even in demanding roles.

**Reflection:** What feels misaligned right now?

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**Action Step:** Write one honest sentence: "What I really need is \_\_\_\_."

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**Video 4: Build Energy in Small Cycles**

**Insight Recap:** You don't need a vacation to recover. Micro-recovery prevents depletion.

**Reflection:** When do you run longest without a pause?

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**Action Step:** Take one 3-minute reset today (no phone).

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**Video 5: Nervous System First, Strategy Second**

**Insight Recap:** Stress blocks creativity and clarity. Calm is a performance tool.

**Reflection:** What stress signals show up in your body?

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**Action Step:** Do 3 rounds of inhale 4 / exhale 6.

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**Video 6: [Let Go of Productivity Guilt](#)**

**Insight Recap:** Rest isn't laziness; it's maintenance. Guilt-free rest increases sustainability.

**Reflection:** What story do you tell yourself about rest?

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**Action Step:** Schedule one guilt-free rest block this week.

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**Video 7: [Energy Is Built Outside of Work](#)**

**Insight Recap:** Work consumes energy; life restores it. Joy and connection replenish your reserves.

**Reflection:** What genuinely energizes you outside work?

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**Action Step:** Plan one energizing activity this week with no productivity goal.

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## Video 8: Sustainable Energy Is the Goal

**Insight Recap:** Sustainable success beats frantic success. Energy protection builds longevity and joy.

**Reflection:** What habit would most protect your energy?

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**Action Step:** Choose one energy-protecting habit to practice daily for 7 days.

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### Daily Practice:

- Morning: one energy intention
- Midday: one micro-reset
- Evening: one recovery ritual
- Weekly: alignment check