

# FIVE STEPS TO AVOID BURNOUT

## **1. Recognize the Importance of Rest**

*If you do not believe it is essential, you won't do it.*

## **2. Start Weighing What You Do**

*Picture an old-fashioned two-sided balancing scale or a piece of paper with a line drawn down the middle will do. List out all you do for others and what you do for yourself.*

## **3. Know What Makes You Feel Rested**

*What makes you feel rested is unique to you.*

## **4. Know What Drains You**

*Start taking an inventory of what responsibilities or activities tend to drain you.*

## **5. Plan for Rest**

*When you head into a season of struggle be sure you ADD REST to your day. Go ahead and schedule in the time needed to restore. Make it a non-negotiable.*

***On an ongoing basis, pick three things from your list of what leaves you rested and make sure you incorporate them into your weekly schedule.***