The Ins and Outs of Burning Out

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What is burnout?

Have I experienced it?

What caused it for me?

Thinking over the past week, what are the three emotions I felt most often?

What are the top three emotions I want to feel in my life?

How would my life be different if I were operating from these emotions more often?

What can I do to create these emotions?

What are my top five sources of joy?

Do I want to diversify my sources of joy?

What do I want my top source of joy to be?

What are ways I can create joy for myself internally?