

# 28 DAY BURNOUT BUSTING CHALLENGE



You are in control of your burnout.  
Believe that and you are on the first  
step to recovery.

These challenges, if completed, have  
the ability to reduce your burnout and  
improve your outlook on career and life.

Believe in your ability to overcome AND  
the importance of a healthier, more  
satisfying career. You can do this!

# 28 DAY BURNOUT BUSTING CHALLENGE

## WEEK 1



**Monday:**  
**Physical  
Movement**

Add a short, brisk walk to your daily routine. Complete this each day of the challenge.



**Tuesday:**  
**Emotional  
Wellness**

Practice self awareness. Write down a list of your strengths and attributes that make you feel confident.



**Wednesday:**  
**Social  
Health**

Express gratitude to a friend, family member, or coworker. Be clear, specific, and meaningful



**Thursday:**  
**Passion  
Project**

Identify a passion you have and spend 30 minutes reading, watching videos, and learning more about it.



**Friday:**  
**Inner Work**

Journal prompt: What is the most frustrating part of your job? How can you reduce its impact? Who can you ask for help?



**Saturday:**  
**Active  
Recovery**

Reorganize your home and reduce the clutter. Create a more inviting home space to return to each day.



**Sunday:**  
**Planning &  
Priorities**

Write a list of your top priorities. Adjust your schedule to ensure most important priorities are getting time & energy.

