

# 35 Ways to Avoid Burnout

1. Prequalify clients
2. Set and maintain boundaries
3. Take vacations and days off
4. Meditate
5. Therapy
6. Do only the parts you enjoy (Joy Money Matrix philosophy)
7. Take care of your physical health - proper nutrition, hydration, exercise, sleep
8. Create a business plan and follow it
9. Say NO
10. Keep perspective. Everything will pass
11. Actively choose a positive attitude
12. Have a good cry
13. Write a gratitude list
14. Create and follow procedures and policies
15. Time block and color code your calendar
16. Self care. Tune into your needs and give yourself what you need when you need it
17. Pay attention to your mental health
18. CBD, coconut water, adaptogens (keep it legal!)
19. Hire leverage
20. Fire pain in the a\*\* clients
21. Control your schedule; don't let it control you
22. Naps
23. Spend time with family/friends/pets
24. Focus on working with listings over buyers
25. Spend time in nature
26. Set client expectations
27. Refer business out
28. Turn your phone on airplane mode or do not disturb
29. Set smaller goals. Lower expectations for yourself
30. Find creative outlets/hobbies
31. Journal
32. Travel
33. Let go of perfectionism
34. Massage/stretching
35. Read fiction

# 35 Ways to Avoid Burnout

• Describe your current struggles with burnout \_\_\_\_\_

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• What are your burnout indicators? \_\_\_\_\_

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• Why is avoiding burnout personally important to you? \_\_\_\_\_

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• How will avoiding burnout help you in your business? \_\_\_\_\_

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• Which 3-5 strategies from the list will you implement? \_\_\_\_\_

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Remember: This is a process. We are humans, not robots. Perfection is not the goal. Progress is.

Keep going. You've got this!