

# Eradicate **BURNOUT**

From Your  
— Life —



# How To Combat Burnout

The first recommended thing you can do is to take a vacation for at least 5 days straight.

Before you leave, ensure you've done all you can to let work and your present environment go. Release. Delegate activities if you need to. Hire someone to house sit if need be.

The second part, while on your vacation, is to wake every morning and block all thoughts of work and what you left behind.

Think positive while on your vacation and block out negative and destructive self-talk. You know when you're engaging in it.

If you can't take a vacation, then here are other alternatives.

Keep reading because you can implement some of these patterns while on your vacation, if you can take one.

I understand it's hard to let go. You've got your life invested in your career, but let's face it, if you keep going down the same path, the burnout is going to get worse.

You can eradicate burnout, and if you think you can't, then you're in for a pleasant surprise.

# Removing BURNOUT is possible



(1) What needs to be done is to get your passion back. The newness needs to re-emerge.

I remember the days at United Airlines working on the jets around the 10th year of being employed.

Many of us were experiencing burnout. We spoke out during our human factors in aviation training.

They gave some brilliant advice through our company psychologist.

It was to think back to why you chose your career path, or whatever you are experiencing burnout in.

Remember that new feeling when you started and were excited? Simply rekindle that.

Go back into memory and bring those feelings back.

(2) Think about how far you've come since you started.

Be grateful for your accomplishments and promotions.

Enjoy your passion again. Many times, we can take a hobby and make it a business. The downfall is we take the fun out of it because the daily grind becomes repetitious and demanding.

I recently got into making espresso coffee. There is much more to it than I originally thought. During the trial-and-error period of wasting a lot of coffee, I ran across a very successful and popular aficionado in the coffee world.

In an interview, he talked about how his happenstance career in coffee sprouted out of his hobby for brewing different styles of coffee.

He elaborated on the transition from hobby to business and explained the grueling process and actual burnout along the way.

His wonderful hobby had become a demanding chore, with many people and coffee businesses demanding his time and expertise sometimes when he needed time to himself.

If you've started doing something you loved and now, it's less than fun, don't think it's just you having burnout issues. Believe it or not, you can spark up the newness again, and allow it to become your hobby, or at least get that hobby-feel again.

Only this time, at a much higher level in your field!

# Stop thinking you can't do it.

(3) In today's competitive market-place, feelings of inner emptiness, working harder, and the need to further prove yourself are running rampant for most everyone.

The solution to this problem is advice from several billionaires.

That advice is to enjoy what you do. Get back in the mode of enjoying your everyday tasks by thinking of how you're helping people.

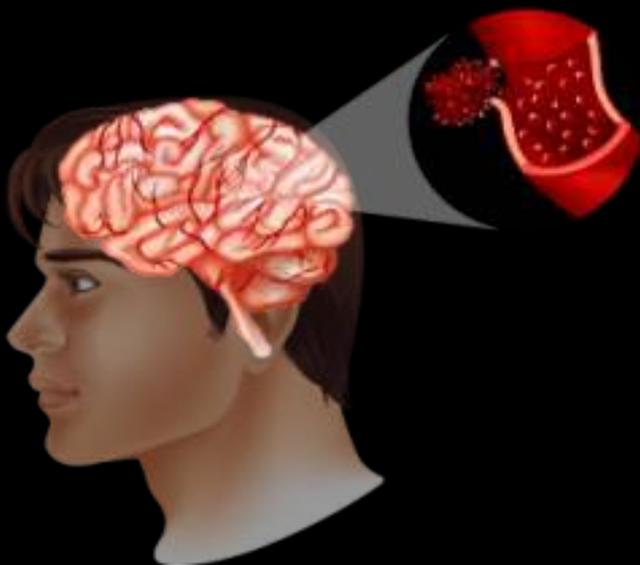
Think about the big difference you make in their lives.

List all the ways you make people feel better, and how much better their lives are because of what you provide them.

This simple way of thinking automatically activates endorphins in your brain and brings joy.

It crushes the dullness of burnout and elevates your spirit.

It opens up blood vessels in the brain and reawakens your passion.



(4) If, for some reason, you are totally sick and tired of what you're doing in your career, then that's fine too.

Now you need to—more than ever—put some effort into learning something different.

Seek a profession or job you think you would enjoy and immediately begin preparing a resume, and later an application.

A good resume is the best place to start because it's easier to transfer that information onto an application than only starting with an application.

Plus, you may not know exactly which company you want to work for, yet and a resume is broader in scope with your qualifications. You can find templates online or in Google docs.

## Start a business

(5) Maybe you want to start a home business.

Becoming a freelancer is the best way to go. It's low cost to start, almost nothing, and profit margins are very high.

Look into it [here](#) if you are curious.

If you implement these 5 ideas, I know you will get yourself out of feeling the dullness of burnout.

I know because I've used each of these practices several times in my life. They all work and have worked for multitudes of others, too.

Good Luck and tap into more inspiration and happiness training on the [website](#).

# THANK

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# YOU

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