

Burnout to Breakthrough™



Name: _____ Date: _____

	Burned out	Exhausted	Sustaining
Criteria	1	2	3
My energy level	I am surrounded by idiots. I am so tired, and everyone is stupid. I am burned out.	I am struggling to stay focused. Each day feels like a slog. I am frustrated.	I am okay. I think there is a possibility that things will be okay.
Peak performance strategies	My strategy is to run, hard, fast, and long until I can't run further. There must be a finish line somewhere and I will keep running until I find it or collapse.	I am aware that I may be on the verge of burnout, but I see some time off or at least have a recovery plan for a day, soon.	I am getting a balance and starting to recover my energy. I am hopeful to keep the momentum and not go backward.
Fuel for performance (nutrition)	I am working so hard that I reward myself with food indulgences like a dog that performs for a treat. My mouth is for stress relief.	Some days I treat my body like a temple. Other days I treat my body like a garbage dump. I am inconsistent and do what I can to get by with caffeine and energy drinks.	I am progressing. At least half of the time I am fueling myself with quality nutrition.
Fitness and physical well being	I have no time to exercise. I must work. I need to sacrifice for my practice. Nobody understands how important I am. My BMI is BS-I don't care.	I am making progress. Not thrilled with it, but I am starting. I have a plan to increase my fitness. My BMI is not so good.	I am doing well. I am consistently exercising. My BMI is above where I need it to be, but it is less than what it was!
Overall health or status of my health care	I am recovering from injury, illness or dealing with a medical, dental, or physical issue(s). I am in pain.	I am coming out of a health issue. I feel recovered and starting to get confidence to improve my health.	I am making progress. I have most of my medical, dental, and physical issues under control. I do have something I need to address however, I am procrastinating.
Spiritual and mindfulness practices	I got no time for this type of stuff. It is voodoo mumbo jumbo. If I did do this, I would lose my edge.	I am inconsistent. When I do practice, I feel connected to my 'why' and My Great Life lifetime legacy.	About half the time I am embracing my spiritual and/or mindfulness practice. I would like to do more, but I am happy with my progress.
Key relationships	Did I mention that I am surrounded by idiots? If everyone would do as I say, we would all be happier.	I am struggling with some of my relationships. I need to work on a few key relationships.	I am doing well. I feel like I have integrity with my most important relationships.
My focus	Every day is another day of "whack a mole" with problems and crisis. I feel like I will never get ahead and do what I want when I want to do it. I admire the My Great Life Planner™.	I know I am reactive and trying to get control of my day. I am seeing some progress. I think about 20% of my time is proactive and I do what I want when I want. I am using the My Great Life™ Planner.	I think I am getting a good balance between reactive and proactive focus. I am consistent with My Great Life Planner™.

Recovered	Peak	Prior	Now	+/-
4	5			
I am good. Energy levels are strong, and I am interested in taking on a bigger game.	I am grateful and sometimes joyful about everything. I am excited about and feeling great about the future.			
I have a good rhythm of workdays and recovery days. I crush my workdays and enjoy my recovery days.	I have peak performance focus to my days. I know which days I must perform the best and protect recovery days in advance of my performance.			
I have a nutrition plan. I know what I am eating and when. I think I am 70% consistent or higher with my plan.	I have a nutrition plan that helps me focus and perform at my peak 80% of the time or more. I understand my nutrition directly helps me perform at my peak.			
I am consistent with my exercise program. My BMI is in the normal range. I feel good about myself.	I am in the best shape of my life. My BMI is normal, and I can talk about my body fat with pride. I am confident in my level of fitness.			
I feel good. I am current with all health issues and checkups. I am ahead of the game.	I feel great. I have a team of professionals, including a doctor, helping me proactively improve my health.			
I am consistent. I am practicing 70% of the time and feel like I am living consistently with my 'why' and my great life legacy.	I am joyful and grateful. I have a daily practice that is a cornerstone habit of my life. I feel like every day I am living my 'why' and living my great life legacy.			
I am proactively working on my most important relationships.	I am grateful for some of the amazing relationships in my life. I continue to invest in those relationships.			
I am getting ahead of everything. My days and weeks are more focused. I am moving forward more than I am retreating. I use My Great Life Planner™ 80% of the time.	I understand how to structure my days, weeks, and quarters to maximize my focus. I understand that my performance is the key to driving my future. I am using My Great Life Planner™ daily.			
TOTAL				

Top 3 Insights		

Top 3 Actions		