

# FIGHTING BURNOUT



## BURNOUT

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## BOUNDARIES

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## PRIORITIES

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# FIGHTING BURNOUT



## DELEGATING

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## SELF-CARE

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## SELF-AWARENESS

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# LIFE-GIVING WORKSHEET

## ENERGIZE

## DRAIN

People

People

Places

Places

Thoughts

Thoughts

Habits

Habits

# FIGHTING BURNOUT



## ENNEAGRAM

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## MY TYPE'S STRATEGIES

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## ACTION POINTS

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**Center**

**Struggle**

**Need**

**Emotion**



Security

Safety

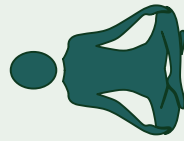
Fear/Anxiety



Identity

Acceptance

Sadness/  
Shame



Control

Autonomy

Anger

**Stance**

Where energy goes/Time orientation



Against or AT people - Future-oriented



Toward or WITH people-Present oriented




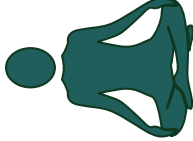





Away from people- Past oriented

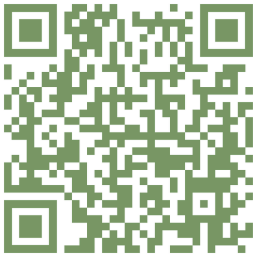
# Find Your

## Enneagram Type

Line up your Center (Head, Heart, Body)  
with your Stance (Against, With, Away)

# NEXT STEPS



## MAKE IT A PRIORITY-SCHEDULE IT

We need to prioritize what we value. Set aside time in your busy schedule for YOU. A great place to start is by connecting with me. Hop on a **30-minute call** and debrief what you have discovered.



## KEEP IT GOING-JOURNALING

If you liked these journal prompts, you will love [Enneagram Journals](#) on Amazon. Each book has 30 thought-provoking questions according to your type.



## GO DEEPER-DIGITAL COURSE

Are you ready to dig a little deeper into your self-awareness journey? **Self-Awareness Academy** is a digital course diving deeper into the Enneagram so you will feel seen, heard, and understood.



## ALL IN- 1:1 COACHING

Finding the support you need when doing the work of self-awareness is most important. You don't have to do this alone. That is why I'm here for you every step of the way. I would love to **meet with you 1:1** and give you the personalized attention you deserve. Scan the QR code to set up a time that works for you.