

THE
Burnout
Reflection

MINI-
JOURNAL



A GENTLE, GUIDED SPACE TO UNTANGLE
OVERWHELM, REDISCOVER YOURSELF,
AND START AGAIN — SLOWER THIS TIME.

BURNOUT DOESN'T MEAN YOU'RE
WEAK — IT MEANS YOU'VE BEEN
STRONG FOR TOO LONG WITHOUT
ENOUGH SUPPORT. YOU DON'T NEED
TO FIX EVERYTHING. YOU NEED TO
FEEL EVERYTHING. THIS MINI-
JOURNAL ISN'T ABOUT PUSHING
THROUGH — IT'S ABOUT GIVING
YOURSELF PERMISSION TO PAUSE.

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HABIT TRACKER

HABIT

DAILY TRACKER

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|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

GOAL _____ ACHIEVED _____ REWARD _____

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JOURNALING HABIT

Follow these tips to build a daily journaling habit...

1

Start with two minutes.

If you're having trouble setting aside time to journal, start with two minutes. Pull out your notebook and write for two minutes. If, after two minutes, you feel inspired to keep writing, then keep writing.

Build up over time.

Over time, set aside more time (at least 5-10 minutes) for your daily journal practice. This way, you give yourself time to answer the journal prompts thoughtfully and work towards your success.

2

3

Set aside a regular time to journal.

Whether you journal in the morning or evening is less important. What's more important is to set aside a consistent period during the day where you commit to pulling out your journal.

Practice self-compassion.

It's okay if you forget to journal one day! Forgive yourself if you miss one day of journaling. At the same time, be cognizant that sometimes we avoid the things we need most.

4

5

Keep your journal with you.

Carry your journal with you so you can easily grab it when you want to write down something.

WHAT BURNOUT LOOKED LIKE FOR ME

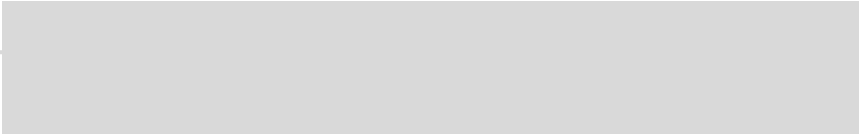
What were the first signs I ignored?

What did I tell myself at the time?

What were others expecting of me?

What was I afraid would happen if I stopped?

THE STRESS INVENTORY

- 
- ☐ Constant fatigue
 - ☐ Snapping at people I love
 - ☐ Brain fog that won't lift
 - ☐ Feeling invisible no matter how hard I try
 - ☐ Crying in private but performing in public
 - ☐ Saying "I'm fine" when I'm barely functioning

WHAT ACTUALLY MATTERS?

Things I'm doing to keep up
appearances

Things that actually refill me

(e.g. overcommitting, performing
emotional labor, trying to "look okay")

(e.g. quiet time, music, boundaries,
nature, naps, Voguegenics)

BOUNDARIES & BREAKTHROUGHS

Where do I need to say “no” more often?

What small boundary can I set this week?

Where can I allow softness instead of strategy?

MANTRAS TO UNBURN YOUR SOUL

✦ I am allowed to rest without guilt.

✦ I don't need to be everything for
everyone.

✦ My worth isn't up for negotiation.

✦ The world can wait while I heal.

MY FIRST GENTLE STEP

One thing I can do today that doesn't require a miracle, just a little self-compassion:

What can I let go of today without guilt — even just for now?

Who can I be kinder to today — including myself?



Lined area for writing or drawing, consisting of multiple horizontal lines.

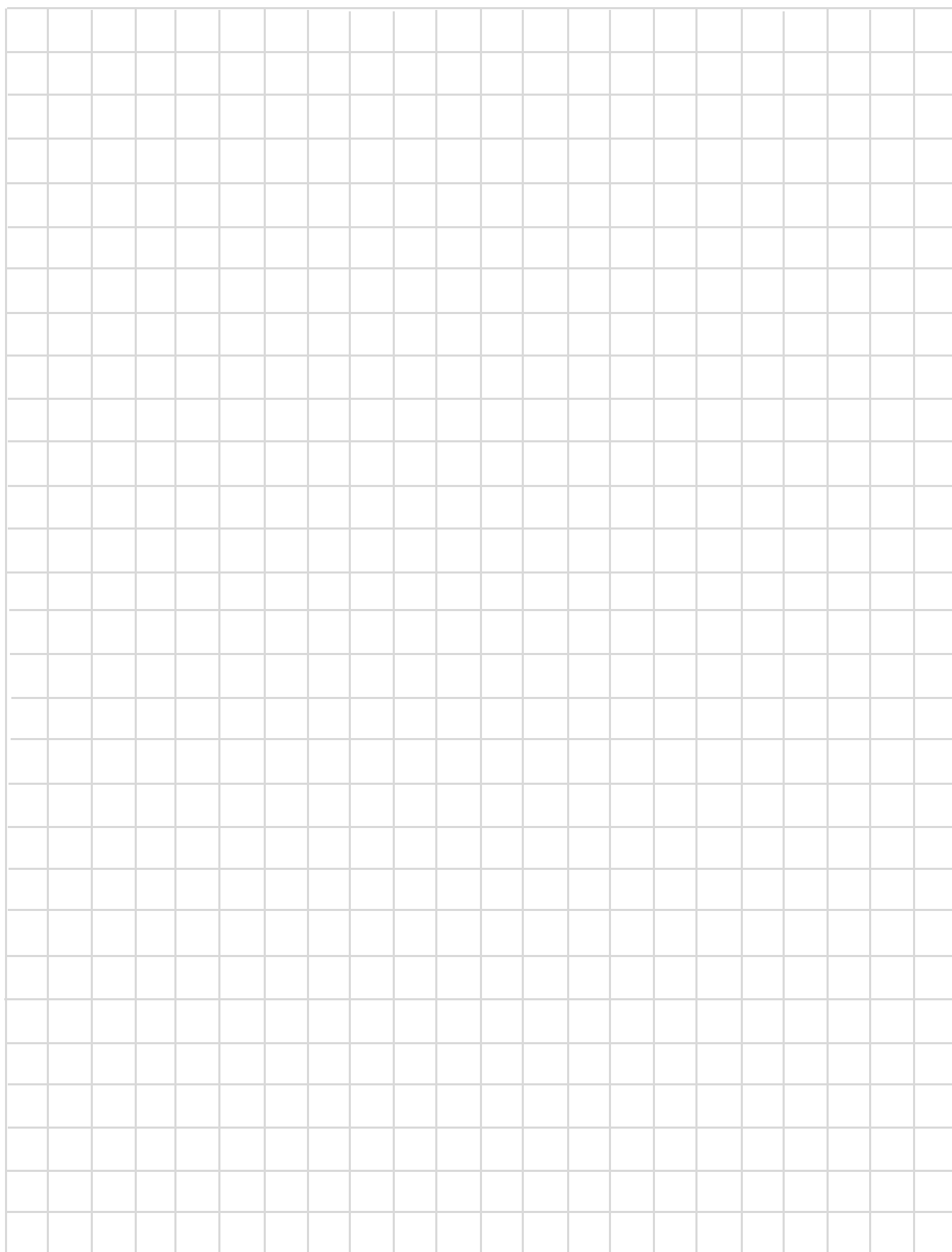


Handwriting practice lines consisting of 20 horizontal lines.



A series of horizontal dotted lines for writing, spanning the width of the page.

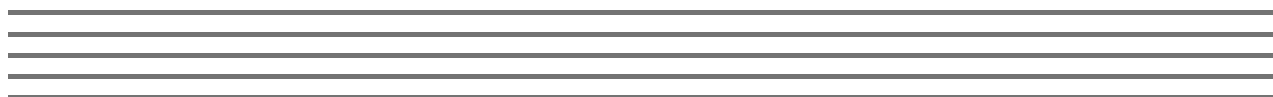
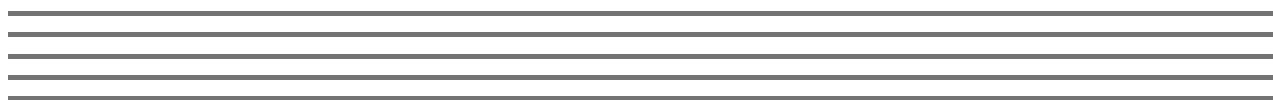
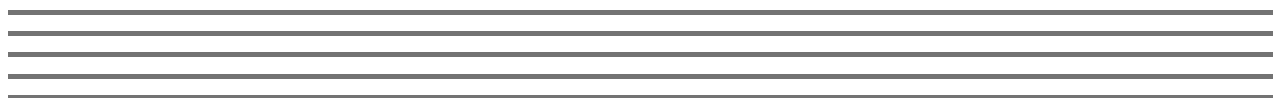
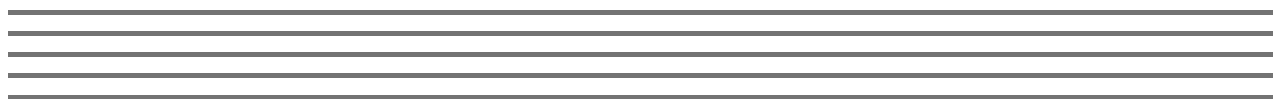
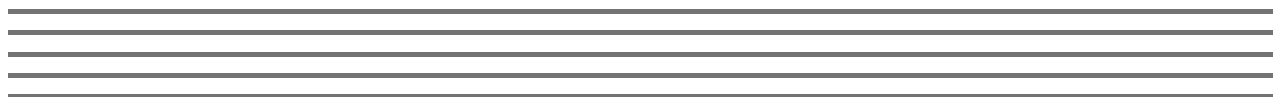
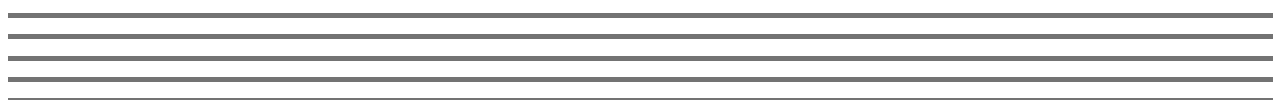














Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for letter formation.





Stay Connected

You don't have to do this alone.

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