

BREAKING BURNOUT

BLUEPRINT

“BURNOUT IS CAUSED BY AN EXTENDED STRIVING BEYOND YOUR CAPACITY IN A DIRECTION THAT DOES NOT ALIGN WITH YOUR LEADERSHIP IDENTITY.”

-ERIC JOHNSON, COACH/CONSULTANT - KESSEL STRATEGIES

YOU CAN PREVENT BURNOUT BY:

- **CLARIFYING YOUR LEADERSHIP IDENTITY**
- **CULTIVATING A SUPPORTIVE COMMUNITY**
- **CREATING HEALTHY BOUNDARIES**
- **CRAFTING A SUSTAINABLE STRATEGY**

CLARIFY YOUR LEADERSHIP IDENTITY – WHO ARE YOU, AND WHO ARE YOU BECOMING AS A LEADER? WHO DO YOU HELP, AND HOW DO YOU HELP THEM?

EXAMPLE: I AM A VISIONARY LEADER WHO HELPS COLLEGE STUDENTS CONNECT WITH VOCATIONAL MENTORS SO THAT THEY MAY BUILD MEANINGFUL AND REWARDING CAREER PATHS.

I AM A _____ LEADER WHO HELPS _____ SO THAT THEY _____.



CULTIVATE A SUPPORTIVE COMMUNITY – WHO ARE THE PEOPLE WHO CAN HELP YOU FULLY BECOME WHO YOU DESCRIBE IN YOUR LEADERSHIP IDENTITY STATEMENT?

EXAMPLE: STEVE RECRUITS VOCATIONAL MENTORS IN THE FIELDS MY STUDENTS ARE PURSUING SO THAT I CAN SPEND MORE TIME WITH PROGRAM PARTICIPANTS.

_____HELPS ME _____ SO THAT I CAN _____.



CREATING HEALTHY BOUNDARIES – WHAT DO YOU NEED STOP DOING AND START DOING SO THAT YOU CAN BECOME THE BEST VERSION OF YOURSELF.

EXAMPLE: I WILL STOP WORKING ON SATURDAYS, REST, SPEND TIME WITH MY FAMILY, AND EXERCISE SO I HAVE MORE ENERGY AND LESS GUILT DURING THE WEEK.

I WILL _____ (STOP DOING) AND _____ (START DOING) SO THAT I _____.



CRAFTING A SUSTAINABLE STRATEGY – WHAT IS ONE GOAL FOR YOUR ORGANIZATION THAT YOU CAN START TAKING ACTION ON TODAY?

EXAMPLE: I WILL BUILD A NETWORK OF LAY LEADERS FROM 6 AREA CHURCHES IN ORDER TO BE VOLUNTEER RECRUITMENT LIAISONS TO THEIR CONGREGATIONS FOR OUR ORGANIZATION BY DECEMBER 31, 2026.

I WILL _____ IN ORDER TO _____ BY _____.