

Burnout Recovery, Part 1

Start your recovery by committing to completing each item, 5 days in a row, for the next 8 weeks

8 COMMITMENTS FOR 8 WEEKS



1. End work 1 hour earlier



2. Get a full 8 hours of sleep



3. Remove 1 more item from your to-do list



4. Take a walk each morning or evening



5. Daydream about one more trip you'd love to take



6. Write a new, 1-page journal entry on how you're feeling



7. Draw, paint, sing, dance, or make music for 15 minutes



8. Text or call one friend or family member to check in

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