BREAKING FREE FROM BURNOUT

A Guided 3-Strategy Action Plan

Are You on the Path to Burnout? Take this quick assessment:

1. Do you regularly feel exhausted even after a full night's sleep?
2. Have you lost enthusiasm for work that once energized you?
3. Do you struggle to be present with loved ones because your mind is still at work?
4. Have you canceled personal plans in the last month to catch up on work?
5. Do small decisions feel overwhelming or impossible to make?

If you answered "yes" to 3 or more questions, you're experiencing burnout symptoms that won't resolve without intervention.

You're not alone. 68% of professional women report experiencing burnout in the last year. But here's what most don't realize: burnout isn't inevitable for high achievers.

The truth? You can accomplish more of what truly matters while working less frantically. Success doesn't require sacrifice—in fact, sustainable success demands the opposite approach.

STRATEGY 1 - ENERGY MAPPING

The Problem: Traditional time management techniques fail because they ignore your most precious resource: energy.

The Solution: Match high-value work to your natural energy peaks.

Action Step: Identify your daily energy patterns by tracking when you naturally feel most focused, creative, and productive.

High Enery Periods	Best Used For

Quick Win: Schedule your most important task for tomorrow during your highest energy window, and protect this time from interruptions.

STRATEGY 2 - STRATEGIC EMLIMINATION

The Problem: Saying yes to everything means excelling at nothing—and burning out in the process.

The Solution: Regularly eliminate tasks and commitments that drain energy without moving the needle.

Action Step: Apply the 3-question elimination filter to your current workload:

1. Does this truly align with my priorities and values?
2. Would meaningful consequences result if I stopped doing this?
3. Am I the only person who can/should do this task?

Quick Win: Use this script to decline a non-essential commitment this week:

"Hey, I really appreciate you thinking of me for this. I've actually been taking a hard look at everything on my plate lately, and I need to be honest—I just can't take this on right now and do it justice. Please don't hesitate to reach out in the future—my schedule fluctuates, and I'd hate to miss out on something that might work better timing-wise."

STRATEGY 3 - BOUNDARY RESET

The Problem: Without clear boundaries, work expands to consume all available time and energy.

The Solution: Create non-negotiable practices that protect your wellbeing as fiercely as you protect work commitments.

Action Step: Identify your top 3 non-negotiables—activities or boundaries that are essential for your wellbeing:

1. _____
2. _____
3. _____

Quick Win: Block 30-minutes in your calendar tomorrow for one non-negotiable activity. Treat this appointment with the same importance as you would a meeting with your most valued client.

YOUR 3-DAY JUMPSTART PLAN

Day 1: Energy Mapping - Track your energy patterns and schedule one high-value task during your peak.

Day 2: Strategic Elimination - Identify one low-value activity to eliminate, delegate, or redesign.

Day 3: Boundary Reset - Implement one non-negotiable boundary and communicate it to necessary parties.

What's possible on the other side of burnout?
Imagine achieving more meaningful results while having energy left for the people and activities you love. This isn't fantasy—it's what happens when you align your approach to success with how people actually thrive.

WANT TO LEARN MORE?

Hi There!

My name is Sasha, and I'm a dedicated Life and Career Coach who empowers high-achieving women to overcome the challenges of burnout and reimagine their definition of success.

With a focus on creating a balanced and fulfilling life, I provide tailored coaching sessions designed to align career aspirations with personal well-being, enabling clients to thrive both professionally and personally.

My approach is grounded in empathy and experience, ensuring a supportive environment where clients feel heard and motivated.

What sets me apart is my commitment to creating a sustainable success model for women, emphasizing self-care and joy alongside achievement. By fostering a community of like-minded individuals, I not only facilitate individual transformation but also contribute to a broader movement encouraging women to reclaim their narrative of success in the workplace and beyond.

To find out more about my services and how you can work with me, please visit my website at www.sashathornhill.com

Sasha Thornhill

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