

12 Questions to Combat Burnout

1. When you sit quietly, what issue intrudes on your thinking most often?
2. If this issue were resolved, how would you feel?
3. If it were possible to resolve this issue, what action would you take to begin resolving it?
4. What stops you taking this action?
5. If your most trusted and experienced advisor were coaching you on taking this action, how would they encourage you to think about it?
6. What other angles can you view the situation from that would help find ways forward?
7. For how long will you allow this issue to destroy the quality of your life?
8. When did you decide that you are not strong enough to address this issue?
9. If you were strong enough, what would you do?
10. Can you take this action?
11. Would you take it?
12. When?

For support

telephone 01773 814400

or visit www.uk-sas.co.uk/leadwell

