The Burnout Reset Starter Kit

A starting point for when everything looks fine—but doesn't feel right

---

If you're here, something probably feels off. Not broken. Not falling apart. Just... off.

You're doing everything you're supposed to do. Showing up. Holding it together. Keeping things moving.

And still— you feel stretched, tired, maybe even a little blank. This isn't about fixing yourself. It's about finally pausing long enough to notice what's actually going on.

Start here. Not everywhere. Just here.

Pick ONE question below. Don't overthink it. Just answer honestly.

- What am I doing right now that feels heavy—but I keep saying yes to anyway?
- Where do I feel the most pressure to "keep it together"?
- When was the last time I felt like myself? What was different?
- What am I afraid will happen if I slow down—even a little?

The reality check

You don't need a better system.

You've been trying harder, doing more, holding everything together— and it's not working the way you thought it would.

That's not a personal failure. It's a sign something needs to change.

Not a full reset. Just a shift.

Pick ONE:

- Say no to something small this week
- Leave something undone (on purpose)
- Put your phone down for 10 minutes and just sit
- Ask for help—even if it feels uncomfortable
- Choose presence over productivity once today

Give yourself Grace

You don't need to fix everything today. You just need to stop pretending nothing's wrong.

This is where it starts.

— Allison

