

WORK LIFE BALANCE

Beating Burnout

How do you know if you're burned out?

Negative
Unfocused
Tired
Stressed

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Find Your Fit

Genesis 2:15 NIV: The Lord God took the man and put him in the Garden of Eden to work it and take care of it.

Romans 12:6 NLT: In his grace, God has given us different gifts for doing certain things well.

What do you need to do to find your fit?

Just Say No

Mark 1:37-38 NIV: When they found Jesus, they exclaimed: "Everyone is looking for you!" ³⁸ Jesus replied, "Let us go somewhere else..."

What do you need to say no to?

What's your next step?

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.