

# FROM BURNED OUT TO REHIRED

Resetting your inner compass  
and re-entering work with new  
energy.

# From Exhausted to Empowered: Realigning Your Inner Guide

Burnout isn't always about hitting rock bottom.

At times, it feels like joy is gradually fading away, bit by bit. The morning challenge awaits. The shine that envelops your every moment. A soft murmur echoes, *"I can't keep going like this."*

If you've stepped away from a job—or it stepped away from you—because burnout consumed you, know that you're not alone in this journey. Before you dive headfirst into the next adventure, let's take a moment to recalibrate your internal compass, ensuring you steer clear of the same turbulent waters.

## Step 1: Embrace the Reboot Journey

There's no need to rush into job boards right away.

Your nervous system requires room to reset and find its balance.

*\* Embrace the outdoors \* Disconnect from work conversations \* Rest without remorse \* Allow yourself to experience those hidden emotions*

Recovering from burnout is not a sign of weakness; it's a sign of strength. It's a powerful remedy.

## Step 2: Inquire Deeply

Once your mind is focused, inquire:

*\* \*What was I putting up with that I should have let go?\**

*What contributed to my sense of worth in previous positions? \**

*\* \*In what ways have I compromised my own needs or vitality?\**

These questions challenge us in ways we might not want to face. But they're *\*defining\**. They empower you to establish new limits and reshape your vision of a balanced work-life balance.

## Step 3: Reignite Your Passion, Not Your Stress

It's possible that you're not quite prepared to pursue your ultimate career aspiration. That's perfectly fine!

Begin with smaller steps:

- \* What types of challenges ignite your passion for problem-solving?
- \* What discussions inspire you the most?
- \* What abilities make you completely immersed in the moment?

Allow your curiosity to guide you. Stay calm.

## Step 4: Transform Your Vision of “Success” Today

Perhaps your previous understanding was:

A big title plus a big salary equals actual value.

At this moment, it could be:

Impact multiplied by health and freedom equals success.

This change is significant. It helps identify opportunities that truly resonate, rather than those that merely dazzle.

## Step 5: Construct with Purpose

When you're prepared, take deliberate strides:

\* Revise your resume to showcase your development, not merely your positions. \* Engage in interview practice with sincerity and self-reflection \* Focus on organizations that prioritize the health and happiness of their employees \* Clearly define what you refuse to tolerate in your next role

This is about striving for greatness. It's about crafting your next position to align perfectly with your authentic life.

## Step 6: Welcome the Fresh Narrative

Burnout is just a chapter, not the entire narrative.

This is just a chapter—a pivotal moment.

And in certain respects, it's a blessing.

Once you've reached that point of exhaustion, your focus shifts from seeking validation to pursuing harmony.

The ancient compass directed towards resilience.

The new one emphasizes independence.

There's no need to push yourself to the brink of exhaustion.

It's essential to find a job and a life that align with your nervous system, your values, and your unique rhythm.

From exhausted to re-energized... with a clear mission this time.  
And that transforms everything.