



Rekindle Your Love

AVOIDING BURNOUT IN A FAST
PACED WORLD

Photo by [Aziz Acharki](#) on [Unsplash](#)

A dark, moody background featuring a person's hand reaching upwards from a body of water. The hand is positioned centrally, with fingers spread wide, as if grasping at something just out of reach. The background is a dark, textured surface, likely water, with distant, hazy hills or mountains visible under a heavy, overcast sky.

Burnout



Burnout is what happens
when you try to avoid
being human for too long

Michael Gungor

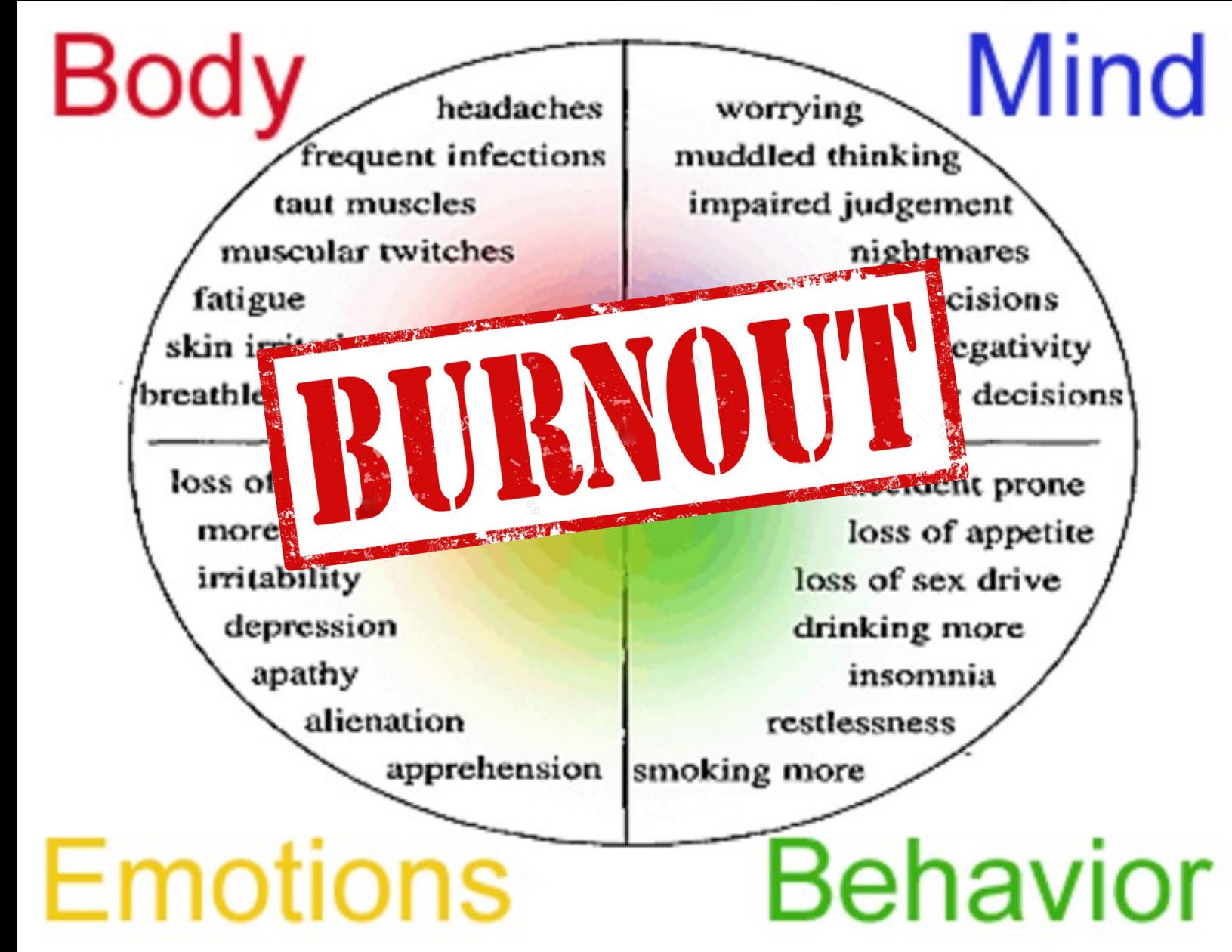
PICTUREQUOTES .com

PICTUREQUOTES

When the **balance** of
deadlines, demands,
working hours outstrips
rewards, recognition, and
relaxation.

- Alexandra Michel

How Burnout Affects You



WHY

LINCHPIN

Are You Indispensable?



Bestselling author of *Purple Cow*, *The Dip*, and *Tribes*

SETH GODIN



IMPOSTER!

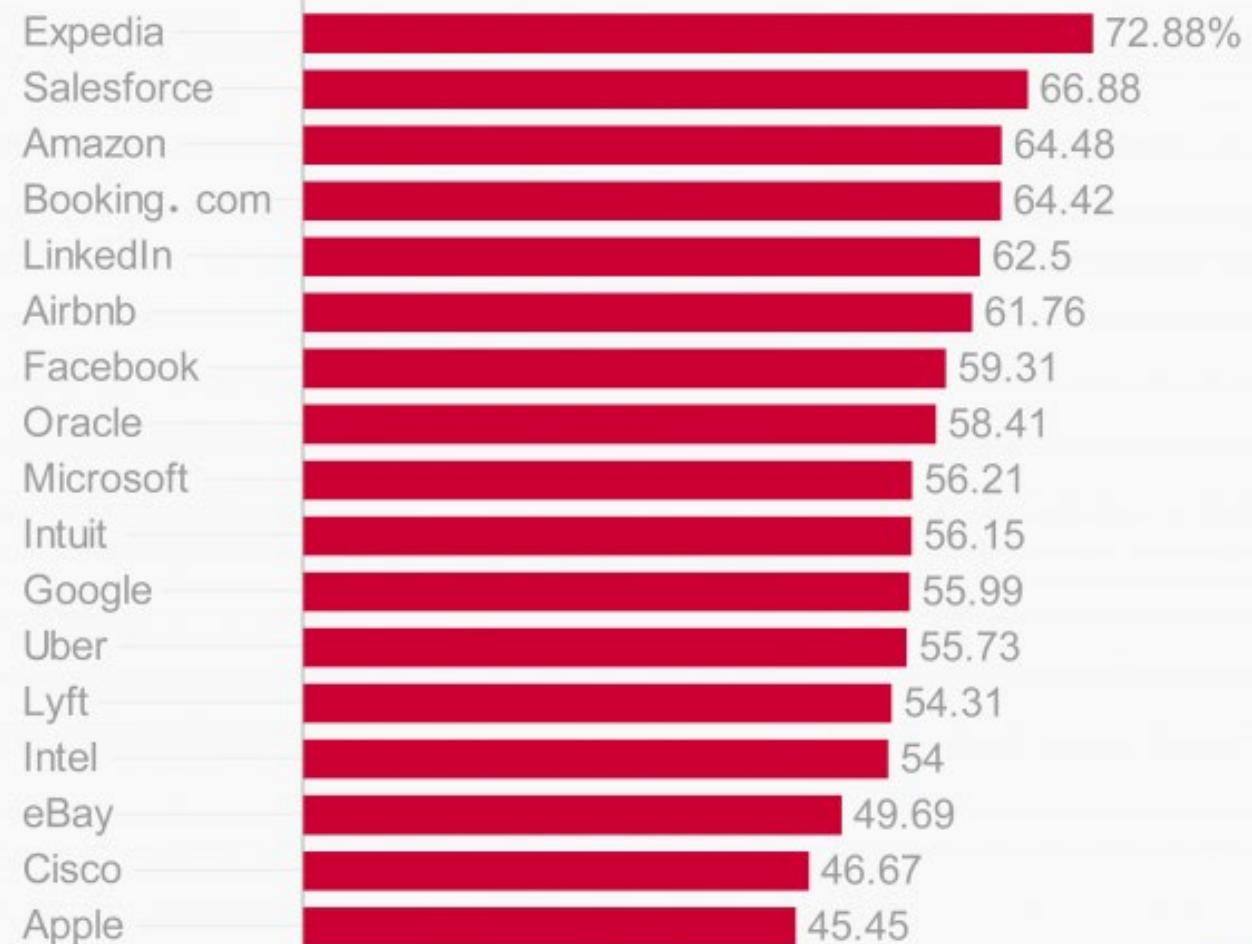


Survey: 58% of Tech Employees Experience Impostor Syndrome.



Data: TeamBlind.com

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I do what I love
and I love what I do.



WHAT
WOULD YOU
DO IF YOU
KNEW YOU
COULDN'T

FAIL?

WHY

What is the ultimate answer to life,
the universe and everything?





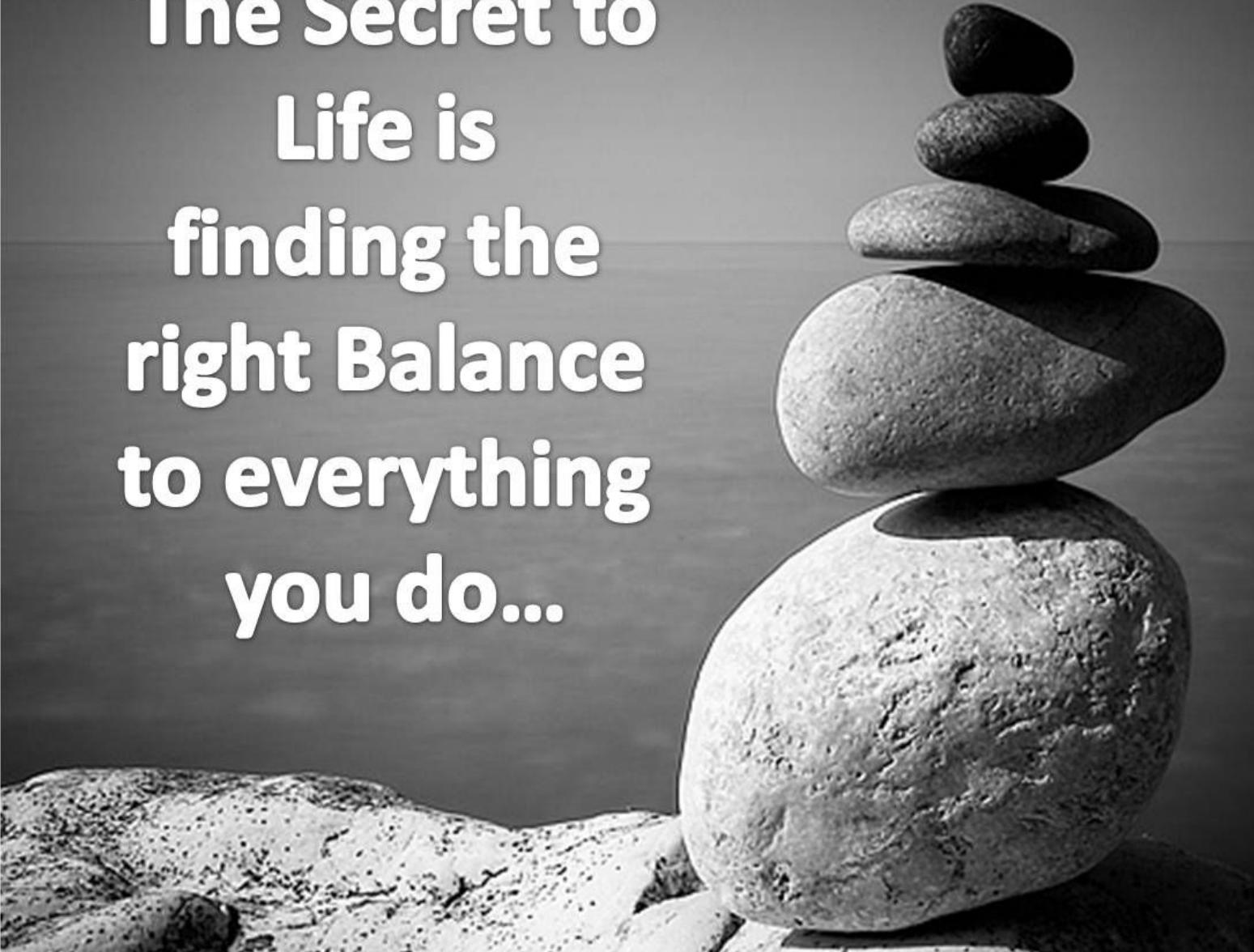
SET MEANINGFUL
PRIORITIES

LIFE

Common Priorities

- | | |
|----------------------------|---------------------------------|
| Family | Prestige and status |
| Friends | Professional growth |
| Health and fitness | Security |
| Income | Spirituality/faith |
| Independence | Spouse/partner |
| Influence and power | Stimulating/rewarding work |
| Making use of talents | Time for leisure and relaxation |
| Personal growth | Wealth/savings |
| Positive impact on society | Where you live |

**The Secret to
Life is
finding the
right Balance
to everything
you do...**



CHOOSING YOUR PRIORITIES IS ONLY HALF THE BATTLE

THE OTHER HALF IS LEARNING TO

LET GO OF THE THINGS YOU DIDN'T CHOOSE

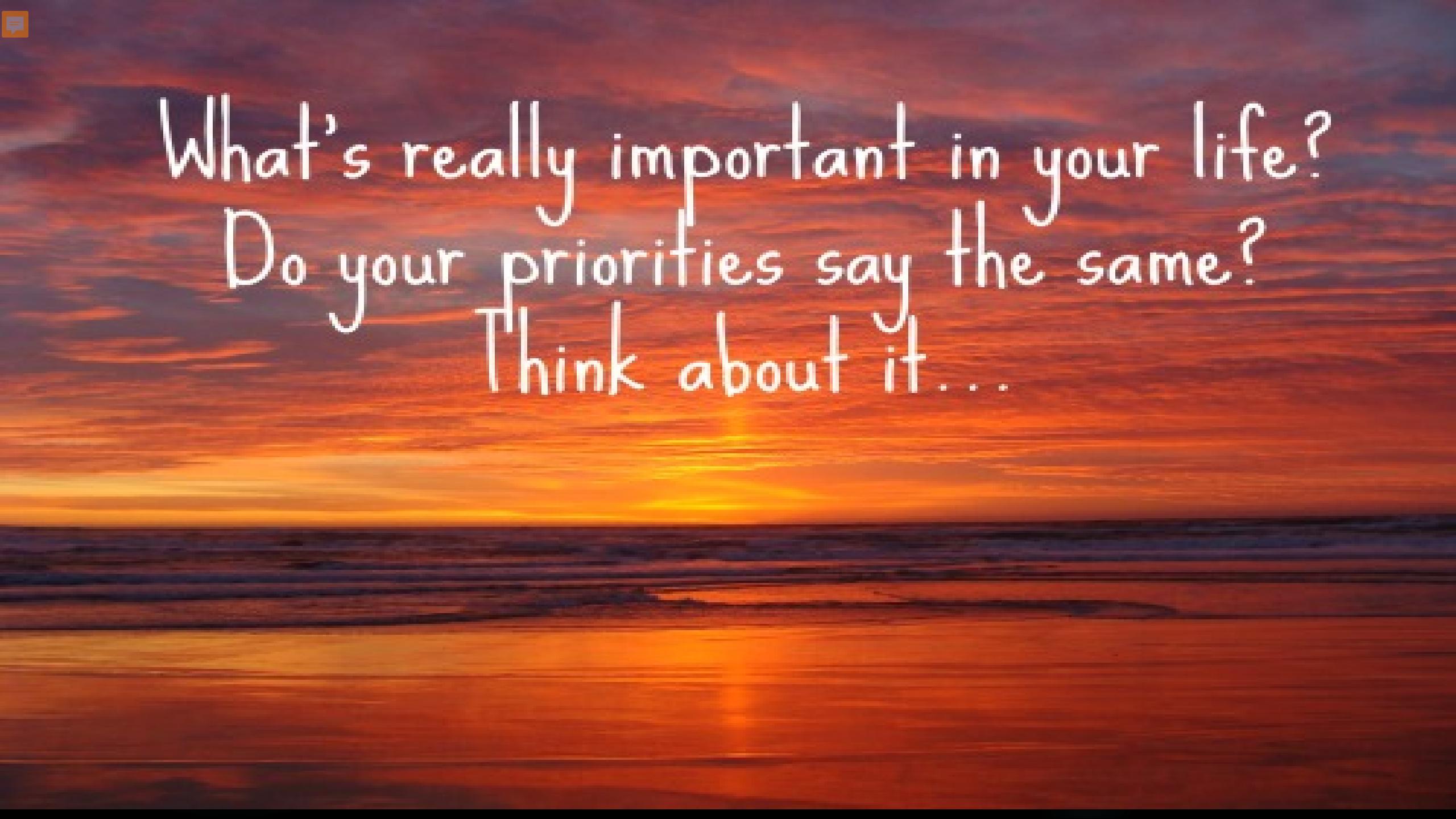
SO YOU CAN SAVOUR THE ONES YOU DID

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Finding Balance



By David Truss @datruss



What's really important in your life?
Do your priorities say the same?
Think about it...

