**TBP 264 Burnout Brain Edited\_Transcription**

[Daniel Hill] (0:00 - 11:42)

Do you ever find yourself holding on for dear life, searching for the meaning of life, or being completely burnt to a crisp as an entrepreneur and just wondering where did it all go wrong? Well, in this podcast, I'm going to try and help you to avoid that. There's a thing called burnout brain, and what it does is it enables you to understand when you're in a fantastic position and when you are not.

And when you understand what to look out for, it can prevent it from being repeated again, and it can enable you to get out of that fast track and out of the hole before you hit a barrier. So this is the burnout brain. This is the blueprint.

I'm going to take you through it in this episode. Welcome to the blueprint podcast. In these episodes, I'm going to share with you my life's work boiled down into simple blueprints that I used to build a 10 million pound portfolio and retire with financial independence at the age of 35.

You can listen to these podcasts in any order, and I guarantee you that when you execute them in practice, you will see that success and failure are both very predictable. Let's get into the next blueprint. So I can comfortably say you are learning from the best on this topic.

I literally am a veteran in the field of burnout beast mode, and I wouldn't sound proud of it, but equally, I'm not hugely embarrassed by it. It is what it is. When you want to take over the world, you're going to burn yourself out, and it happens to the best of us.

But coming up to Christmas, what I wanted to do is try and encourage you to mature and develop, to reduce the amount of damage that's caused, and actually understand that really, when we take the ego and the drive out of it, it is actually a complete false economy, overworking and getting burnt out. But what is burnout brain? How does it affect you?

How can you avoid it? And going up to Christmas, how can you get over it? So burnout brain is basically where your body gets to a level of either prolonged stress or intense stress.

So this could be a short period of, say, two weeks, three weeks, but it's very intense. There's no sleep, long days, maybe just a very stressful thing you're dealing with, emotional, that can cause you to burn out. Or worse, which actually most people don't notice, is where it's prolonged.

So for example, you're working at a sustainable pace, and then you start getting busier and busier. But it happens so gradually, it's more like death by a thousand cuts, and you don't really realise it. And the problem with this is your brain actually pulls you towards burnout, because you start getting up and working at 7am, 6.30am, 6.30am, 5.30am. And I remember back in the day, I used to, if I wasn't at my desk at, say, 4.30am, I'd feel bad because the morning before I was there at 4.15am. And it's just this complete false economy. It's death by a thousand cuts. It's completely downhill, but it's something we need to be aware of, because it will have some really detrimental effects on your life, your relationships, your business, but ultimately, in this scenario, your performance. So burnout brain is when you've had that intense stress or the prolonged stress, and your brain and the way you think starts to change.

So you really overcooked it, you're under pressure, you're not enjoying it, you're not feeling good. And how do we, you know, how do we spot it apart from what I've just shared? Well, the first thing is, it's not fun anymore.

If you're excited, and motivated, and driven, and creative, and excited to go to work on a Monday, you're probably not burnout. You know, you're probably having a good time, you're probably overcooking it, but you're not burnout. When you're actually burnt out, and you're heading towards burnout brain, the satisfaction reduces.

And you just think that this is not fun anymore. You'd also start to see yourself go to some dark places. So you could be, for example, asking deeper, meaningful questions, speaking to your nearest and dearest about the meaning of life, the universe, what's it all about?

Why are we here? Why do we bother? I work so hard.

I don't even enjoy it anymore. You know, what am I doing? I could exit.

Maybe I'll start thinking about exit. Shall I get ready for an exit in a couple of years? And actually, the burnout brain is the problem.

It's not actually the product, or the service, or the business in most cases. It's the fact you're overworked, you've overcooked it, you've overpushed yourself. And what you'll find is you're looking for a door.

So you're in a hole. The burnout brain has got you into a hole. And down the bottom of this hole, where you're standing there, looking up, can't see anything, you're running around the outside of this big hole looking for a door.

Now, the reality is, it doesn't matter which door you try or open, none of them work. There is no doors. You're trying to find a door out of the hole, whereas actually, or rather, you're trying to find a door in the hole, whereas actually, what you need to do is get out of the hole.

And if you're burnt out, you need to actually get out of the hole, get yourself back to a good standing, shake off and recover from the burnout brain, because it is only temporary, as long as you catch it and you don't do yourself any permanent damage. And we want to get yourself back to it. Because why is it important?

It's important because you don't want to live your life like that. There's periods where you can run and sprint and be in the fast lane, but it's not pleasant. And actually, although you might feel like the masochist in you wants to get more hours in the day, more meetings in the calendar, more days to the week, less sleep, more work, it's unpleasant.

And actually, it's a complete false economy. After you get past a certain level of work or productivity, every hour after that is a diminishing return. And actually, you'd be better off taking a break or going to sleep, but we don't appreciate that.

Instead, we drag ourselves through the work. We do trivial stuff because we think it's progress. We drag ourselves kicking and screaming.

And we procrastinate. We bury our head in the sand. And it's just a complete, it's not where you want to be at all.

I remember it really, really well. Just jumping in quickly with a opportunity for you. So in Profit Entrepreneur, we use a scorecard called the Life by Design Scorecard.

And it shows you exactly where you are excelling in life and where you have the opportunity to improve. We created this two years ago, and it uses every single life mapping matrix and psychometric testing that is out there to rate your life and show you where you currently excel and where you have the opportunity to improve. If you want to do yours now, go to the show notes and visit www.lifebydesignscorecard.co.uk. Now, there's a link in the show notes. You can click it, and in less than five minutes, it's completely free. You'll get a full bespoke report, and it will show you exactly where you're excelling in certain parts of your life and which specific areas you need to pay more attention to. It's completely free.

We've never shared it before outside of Profit Entrepreneur. Go into the show notes now, click the link. It's www.lifebydesignscorecard.co.uk. Back to the podcast. So we want you to get out of that, and it doesn't matter how deep you go into the hole, you'll never appreciate how much you're in the hole until you get out of it. And when you come out of it, because you've done some of these actions I'm going to share with you, you then look at it and think, wow, I can't believe how much of a hole I was in. So actions to take.

If you can now identify, let's just call it burnout brain. Or you're thinking about an exit, or you're irritable, or you're procrastinating. It's burnout brain, really.

What do you do when you've got burnout brain? Well, the first is learn your red flags. So I know my red flags.

I'm not enjoying it. I'm not motivated. I'm not excited to go to work on a Monday.

I'm not choosing to think about it when I'm not at work. Medically or physically, I will have styes in my eyes. I have ulcers in my mouth.

Learn those red flags. I'm asking deeper, meaningful questions about the meaning of life and the universe. I'm just in a bad place.

Learn what your red flags are, and then spot them sooner rather than later. Second is when you spot them, you need to stop for fuel. So burnout brain means you're running on fumes.

Your tank is on empty. You need to stop and fuel up. Pull over.

Have a weekend off. Have an afternoon off. Go to the spa.

Have a weekend off. Spend it with your partner, your kids, your family, whoever. Go away on your own.

Have a week's holiday every quarter as a minimum. You just need to make sure you're having that time off because time off is a requirement, not a luxury. If I have the weekend off to myself and don't work, by Monday, I'm excited.

I've got new ideas. I'm buzzing. I've got a list of stuff to get through.

If I work all weekend and drag myself through it, I start to dislike it. I'm not enjoying it. I'm definitely not motivated by it.

You need to have that time off and stop for fuel before you run out of gas. Another thing to do would be to have somebody that keeps an eye on you like the UFC ref. So a referee in the UFC isn't there to protect the fighter from the other fighter.

They're actually there to protect the fighter from themselves because UFC fighters are such savages. If they didn't get pulled out by the referee, they wouldn't tap out. They'd get choked unconscious.

They'd get their arms or legs broken unless somebody else stopped them. So have a friend or a business partner or a life partner, a coach, a mentor, someone you trust to just keep an eye out for you and spot when they know what your burnout brain signals are. Then say, look, you're overeating, you're overdrinking, you're not sleeping, you're irritable, you're procrastinating, you're asking deep meaningful questions.

I think you've got a bit of burnout brain. Let's get you back on track. Finish early, get a good night's sleep, have a couple of days off.

It'll sort you right out. And as we approach Christmas, probably closing sentiment is understand this burnout brain, understand where you are on going into the hole. Many of you are probably well on your way.

And just set yourself up for December to have some time off. If you're not listening to Don't Work December podcast episode, go and listen to that. Because I'd recommend if you have the fortunate opportunity to be able to potentially take December off, which is normally the same as like two weeks holiday because of the way the break falls, go and do it.

Burnout brain is a real thing. It happens to the best of us. But the most important thing is you understand what it is, how to identify it, the fact that it's a false economy.

And when you do spot it in yourself, getting yourself out of there sharpish. That's all it comes down to. So success and failure very predictable.

It happens to the best of us. Don't do what I did and drag yourself out kicking and screaming and hating it for years. Understand what it is, spot the signals, get yourself out.

And if you're in a fortunate position, set yourself Don't Work December as a deadline and have some time off at the end of the year. I hope you enjoyed this podcast episode. Make sure you follow me on social media on Instagram property entrepreneur underscore on Facebook, Daniel Hill, property entrepreneur.

And I look forward to seeing you next Tuesday on the next episode. I hope you enjoyed this blueprint podcast episode. If you're not already subscribed, sharing these, this is my lifetime's work.

And every Tuesday, I'm giving you one blueprint away for free. These things are unique. They're proven.

They've enabled me to build over a 10 million pound portfolio in a few short years. And over the last 20 years, start systemize, scale and sell over 40 different companies. If you like them, share them, subscribe, make sure you don't miss a single episode and tune in every Tuesday for a brand new episode.

And then follow me daily on Instagram for free content post twice a day, completely free of charge. Success and failure are both very predictable. I'll see you on the next episode.