

CORE

FREE / 4 PAGES

FIELD GUIDE 08

THE BURNOUT EXIT

A Recovery and Boundary Workbook for Overloaded Professionals

Rest is not a reward for finishing work that never ends.

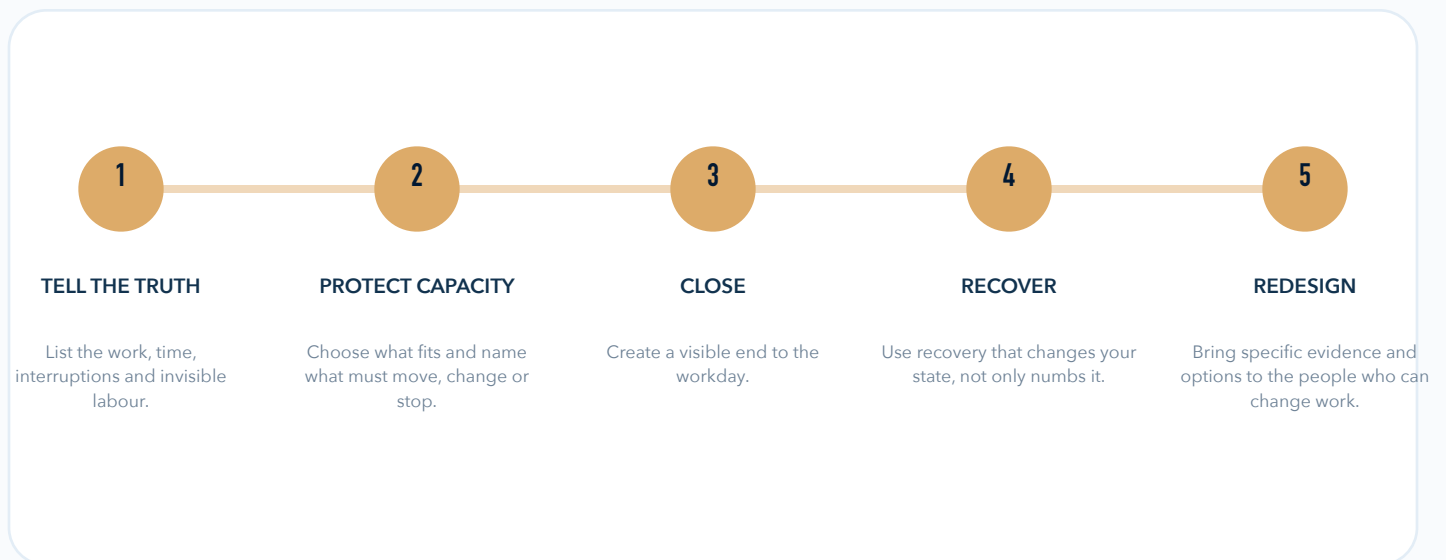
THE CORE PROMISE

A useful first framework and one action you can use today - intentionally shorter than the complete Extended workbook.

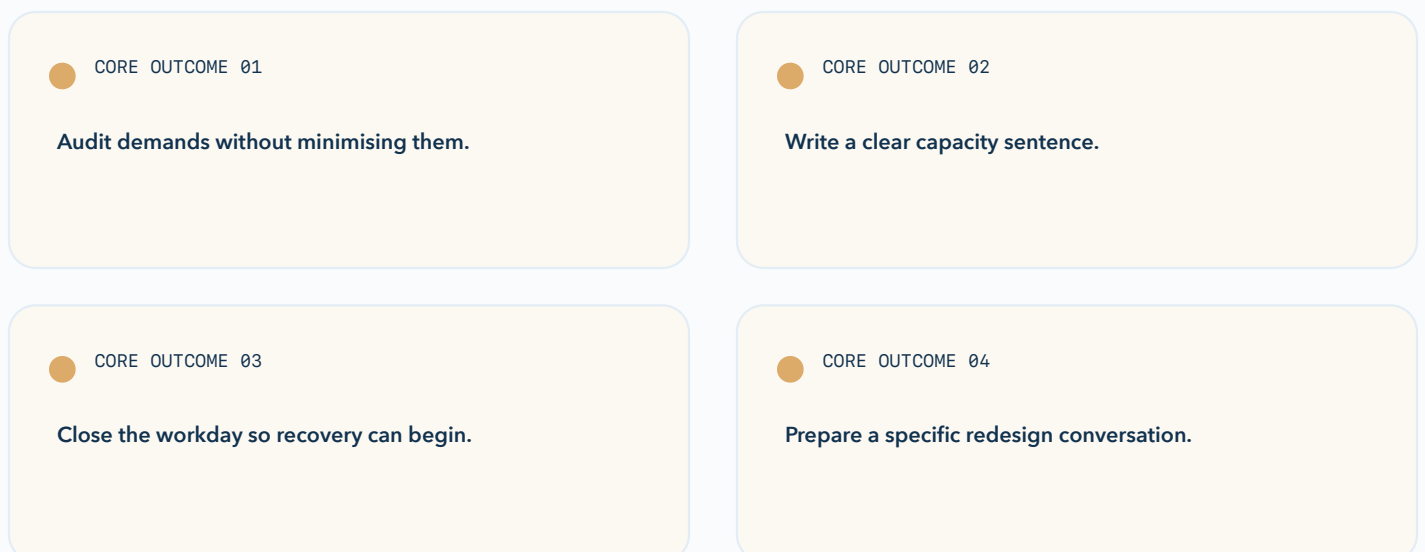
01 / UNDERSTAND THE PATTERN

YOU CANNOT SELF-CARE YOUR WAY AROUND IMPOSSIBLE WORK

Burnout is not proof that you are weak or bad at balance. It can emerge when demands, control, recognition, fairness, community and values stay misaligned. Recovery needs honest capacity, real boundaries and—where possible—changes to the work itself.



WHAT THIS CORE EDITION HELPS YOU DO



02 / USE THE ACTION CARD

THE CAPACITY CARD

1

PAUSE

Do not promise before checking current work.

2

NAME

What is the requested outcome and real deadline?

3

COMPARE

What already owns this capacity?

4

TRADE

What moves, reduces, delegates or gains resources?

5

CONFIRM

Document the priority decision and review date.

WRITE THE FIRST REAL STEP

To add this work, the priority that must change is...

03 / CHECK IN + CHOOSE THE NEXT LEVEL

CORE CHECK-IN

● The pattern I noticed is...

● The smallest safer or more useful move is...

● The person, place, or support that helps is...

SCOPE + SAFETY

The World Health Organization describes burnout as an occupational phenomenon, not a medical condition. Persistent exhaustion, sleep problems, low mood, anxiety, pain or impaired function can have other causes and deserve qualified medical or mental-health assessment.

CORE OR EXTENDED?

CORE / FREE

THE FIRST MOVE

- 4 focused pages
- One clear framework
- One immediate action card
- A concise safety boundary

EXTENDED / \$7.99

THE FULL SYSTEM

- 15 focused pages
- 7 original visual scenes
- Complete exercises + plan

OPEN EXTENDED ->

SOURCE ROUTES: WHO / CLINICAL BOUNDARY / WORKPLACE SAFETY NOTE

EXTENDED: <https://championverse.com/7-99-the-burnout-exit-a-recovery-and-boundary-workbook-e-book/>

EDUCATION + REFLECTION / NOT INDIVIDUAL CARE

CORE 4/4