

# How to PERMANENTLY RECOVER from BURNOUT - part 2

5. Decide what to cut down on or to cut out completely.  
Things I need to cut out fro this season:

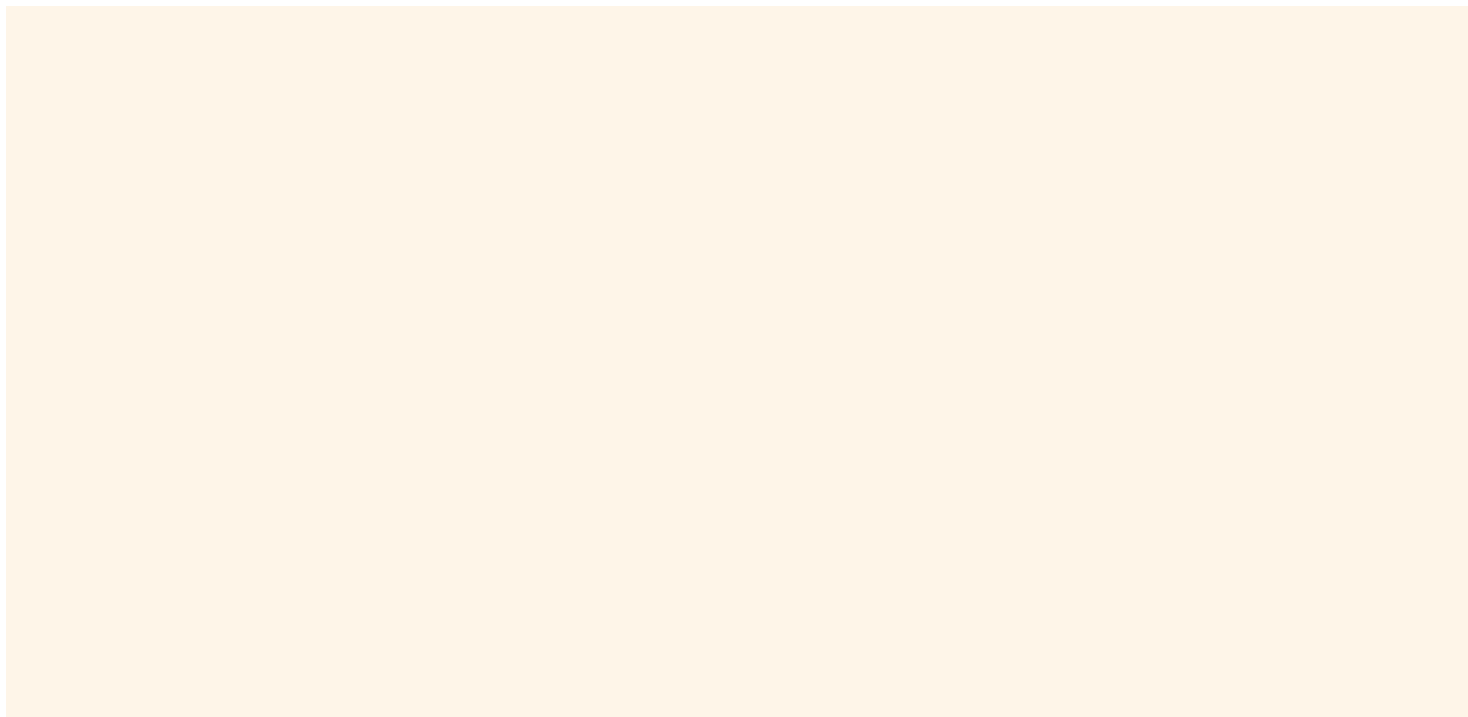
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6. Automate as much as possible.  
Systems I want to implement or improve on

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7. Make a focus plan.  
My focus plan



8. Build in breaks and keep the balance.

Daily, weekly, monthly and annual breaks that I plan to take.

