THE DIVINE DISRUPTOR™ · DR. TAMARA WHITE

# THE 5-MINUTE BURNOUT RESET

*A one-page reset for the days you're running on empty. Fill it in. Then breathe.*

Stress is a signal, not the enemy. Burnout is not a badge of honor. Work the five steps in order.

NAME _____ EMAIL _____ DATE _____

## 1 CHECK THE SIGNAL

*Before you push through one more hour — pause long enough to read what your body is already saying.*

**RIGHT NOW MY BODY AND MIND ARE TELLING ME:**

_____

☐ Tight chest ☐ Clenched jaw ☐ Racing mind ☐ Bone tired ☐ Short fuse

## 2 NAME THE REAL STRESSOR

*It is rarely the whole list. It is usually one thing quietly draining everything else.*

**THE LOUDEST STRESSOR I AM CARRYING TODAY IS:**

_____

**AND IT IS MOSTLY:**

☐ Internal — my pace, my standards ☐ External — people, workload, demands

## 3 PUT ONE THING DOWN

*Slowing down is strategic. You were never assigned everything you are currently carrying.*

**ONE THING I AM RELEASING TODAY (delegate it, delay it, or delete it):**

_____

**WHO OR WHAT CAN HOLD IT INSTEAD:**

_____

## 4 ANCHOR YOURSELF

*Sixty seconds: breathe in for 4, hold for 4, release for 6. Three rounds. Then finish the sentence below.*

**THE TRUTH I AM STANDING ON TODAY (a promise, a scripture, or the sentence you need to hear):**

_____

**WHAT I WILL STOP TELLING MYSELF:**

_____

## 5 TAKE ONE ALIGNED ACTION

*You do not need a whole new life. You need one honest next move — small, specific, and yours.*

**IN THE NEXT 24 HOURS, I WILL:**

_____

**AND THE ONE THING I WILL SAY NO TO:**

_____


NOT READY TO STOP HERE?

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