

Finding the Inner Star

Pivoting Careers & Knowing Burnout

Has your work–life balance become a work–work imbalance?

Do you feel like you're surviving rather than creating & thriving?

If this role was yours for life: would you be fulfilled with it, or would you yearn for something else?

Answer these honestly, for on the surface, the ego may resist, but the spirit knows.

YOUR LAUNCH READINGS

How much does your work energize you? (1–10)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

How satisfied are you in your current role? (1–10)

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

WHAT IF WORK FELT LIKE PLAY?

Most of us spend the majority of life working somewhere that pays the bills, is comfortable & familiar, but is not our passion nor does it energize us. We settle, getting used to routine, and do not always notice the longing for change. We get unconsciously attached to what is familiar. Let's be frank: you were not put here to work, eat, sleep, survive, and die. You're here to CREATE.

When we begin to consider alternative paths, doubt surfaces: *"Will I be able to pay the bills? I don't think..." "I can't..."*. Know that the voice of doubt is not you, but a product of conditioning — a voice of the past that resists the unknown. Hear it out, accept it, see it for what it is: fear. This fear is exactly what we must accept & conquer through surrendering (see handout: Surrendering) to channel it into rocket fuel to guide us to our Inner Star.

■ LAUNCHPAD TIP

If you have an idea that you KNOW, if developed, would add deep joy and peace to your already joyful life, start developing it NOW while still at your current role. Express gratitude for your current role & how far it has taken you, & let go of attachment to it. This opens up infinite possibilities. Fall in love with the process of creation, and the outcomes will take care of themselves.

YOUR STATE SHAPES YOUR TRAJECTORY

The more frequently your consciousness returns to abundance ("I have..."), joy, gratitude ("this is enough"), love, peace, serenity, tranquility... the greater you alter your launch trajectory, opening up possibilities & opportunities you hadn't known prior. Therefore, the state of consciousness you cultivate *currently* is what determines the future. Because every past, present and future moment is always Now, we operate in a process of constant creation. Whether that creation is conscious or unconscious is our response-ability.

Clinging to conditioned beliefs from the past is what prevents us from exploring possibilities in the present. If we hold the belief of "I can't" (fear, doubt, lack), no matter how hard we try, everything we do will be influenced by that belief. If we surrender the belief, if we see how absurd it is, suddenly new paths spring open because we no longer identify with the limiting belief. So let us ask:

What beliefs surrounding your occupation are keeping you hostage?

RECOGNIZING BURNOUT

Burnout often happens gradually & is felt as a slow grind until exhaustion (see stress handout & Selye's stress response theory). Therefore the most important step is to *become aware* of it, accept it, and surrender to it. Allow it to be. Do not resist it (a.k.a. avoiding feeling it) — this only creates further resistance & exhaustion. Only once we surrender to it can a new path spring forth.

Signs of Acute Burnout

- ☐ Persistent fatigue and exhaustion
- ☐ Reduced interest in things that normally bring joy
- ☐ Low energy, persistent unhappiness, low sex drive
- ☐ Changes in appetite, hair loss, or physical symptoms

If you find you feel these symptoms of burnout, there may be multiple factors contributing to them (medication side effects, a stressful home life, etc.). Give yourself some grace here and now; shine the light of compassion upon you, knowing this, too shall pass.

3-STEP ROCKET REFUELING PLAN

1 REST

Fill your cup. Say no to extra commitments. Prioritize what the rocket body needs, and honor these needs. Listen to it!

2 IDENTIFY CONTRIBUTING FACTORS

Once you've refueled, grab a pen & notebook, write what specifically is contributing to the burnout. Is it:

- ☐ Hours (night shifts, long shifts, too-frequent shifts)
- ☐ Limited support from leadership or team
- ☐ Draining boss, coworkers, or duties
- ☐ Lack of adequate compensation
- ☐ Conflict with your moral compass

3 WEIGHING THE COSTS & BENEFITS

Ask: do the benefits of this role outweigh the costs?

YES

Consider time off / leave.
See what benefits your employer has to offer.
Set clear work boundaries (i.e. I keep work at work).

NO

Is there an adjacent field where your skills transfer?
What does your dream role look like?
Begin exploring options while still employed.

DREAM GREATER — DESIGN YOUR LAUNCH

Honor how far you have come. Celebrate where you are now. Know that you are allowed to choose a new path, or to remain on your current one. The choice is yours. Now it is time we combine your ideal work situation with elevated emotions:

What does my dream work situation look like?

Include as much detail as possible.

e.g. Flexible schedule
Work from home / on the road / anywhere in the world
Making greater than "x" amount per year
...

What I'll feel living this dream:

e.g. Worthiness
Gratitude
Abundance
Serendipitous
Love
Joy
At peace with myself

Surrender the outcome. Trust that the Universe will guide you to what's best for you. Focus attention & energy on feeling good now — these elevated feelings are what will carry you to your destination. Continue to remember to enjoy the journey, KNOWING you'll end up exactly where you're meant to. Again, let the You-niverse (God — Universe — Spirit) flow through you & guide you; while you watch!