



Burnout Doesn't Take Holidays

Use This Free Gentle December Reset Template

REALITY CHECK

Burnout does not disappear just because it is December.

RECOVERY PROMPTS

- One expectation I can lower this week is
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- One nonessential commitment I can shorten or skip is
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- One comparison I can stop making this season is
.....
- One quiet moment I will protect each day is
.....
- One task I will allow to remain unfinished is
.....



REST SPACE

Burnout needs space, not pressure.

"I am allowed to move slower this season."



REFLECTION

After creating space, I noticed...
