

# **Burned Out, But Built for More**

The Burnout Implementation Kit

A Structured Companion to the  
8-Module Burnout Recovery System

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## HOW TO USE THIS WORKBOOK

1. Watch each module in order.
2. Complete the reflection section immediately after each module.
3. Keep answers clear and honest, not perfect.
4. Simplicity creates momentum.
5. Revisit this workbook every 90 days.

### **Reminder:**

This is not about intensity. It is about alignment.

## The Burnout Recovery Framework Map

**Awareness** - Understanding what burnout actually is so you can remove shame and name what is happening clearly.

**Stabilization** - Calming mental overload and interrupting the overthinking loop so your mind can regain clarity.

**Energy Drain** - Identifying the specific roles, expectations, and misalignments that are quietly exhausting you.

**Identity** - Letting go of the version of yourself you had to be and redefining who you are in this season.

**Confidence** - Rebuilding self-trust through small, consistent commitments that restore internal stability.

**Direction** - Clarifying your current life season and choosing focused priorities that align with your energy.

**Structure** - Translating clarity into a realistic 90-day blueprint that creates sustainable momentum.

**Sustainability** - Protecting your progress through rhythm, alignment checks, and early burnout prevention.

## **Module 1 - What Burnout Really is**

*Understanding exhaustion without shame.*

### **Reflect:**

When did I first notice signs of burnout?

What have I been telling myself about my exhaustion?

What area of my life feels most overloaded?

### **Decide:**

What is one area I need to stop pretending is fine?

### **Commit:**

This week I will stop minimizing:

## **Module 2 - The Overthinking Loop**

*Interrupting mental overload.*

### **Reflect:**

What thoughts do I replay most often?

What am I trying to control through overthinking?

When does my mental noise increase most?

### **Decide:**

What thought pattern am I ready to interrupt?

### **Commit:**

One situation I will use the 3-Column Reset on:

## **Module 3 - Find the Real Drain**

*Identifying energy leaks.*

### **Reflect:**

Which role drains me most right now?

Where am I overextending?

What expectation have I never questioned?

### **Decide:**

What drain requires attention first?

### **Commit:**

One boundary I will test this week:

## **Module 4 - Identify Reset**

*Letting go of who I had to be.*

### **Reflect:**

I have been the \_\_\_\_\_ one.

What am I afraid would happen if I changed?

What identity no longer fits my season?

### **Decide:**

What am I allowed to release?

### **Commit:**

One way I will loosen my grip on this role:

## **Module 5 - Confidence Reconstruction**

*Rebuilding self-trust through action.*

### **Reflect:**

Where has burnout made me doubt myself?

What small promise can I keep daily?

What would quiet consistency look like?

### **Decide:**

What three commitments will I keep for 14 days?

### **Commit:**

My first small win starts on:

## **Module 6 - Clarity & Direction**

*Designing the right season.*

### **Reflect:**

What season am I truly in?

Which goals feel like pressure?

Which goals feel like desire?

### **Decide:**

What are my three priorities for the next 90 days?

### **Commit:**

My 90-day focus statement:

# Module 7 - The 90-Day Blueprint

*My Current Season Is:*

## My 3 Priorities

1.

2.

3.

## Monthly Focus

Month 1.

Month 2.

Month 3.

## **This Weeks Action Plan**

Priority 1.

Priority 2.

Priority 3.

**This week I am not:**

Signature:

Date:

## **Weekly Alignment Reset**

What drained me:

What energized me:

What needs adjustment:

Did I keep my commitments? Yes / No

## **Module 8 - Sustainability & Protection**

### **Monthly 3-Check Alignment**

Am I aligned with my season? Yes / No

Am I honoring my priorities? Yes / No

Am I keeping promises to myself? Yes / No

If two answers are No, recalibrate.

### **Early Warning Signs Checklist**

- Sleep disruption
- Increased irritability
- Overthinking returning
- Automatic yes responses
- Skipping weekly reset
- Overcommitting
- Loss of clarity

If 3 or more are circled:

Pause and reassess your season.

## **After 90 Days, I Notice:**

- Reduced mental noise
- Clearer priorities
- Stronger boundaries
- Increased self-trust
- Better decisions

## **Personal Thought Questions:**

What changed?

What surprised me?

What did I release?

What am I proud of?

## **My Rebuilding Statement**

The version of me I am building is someone who:

Signature:

Date:

## **Continue the Work**

Burnout recovery is not a one-time reset.  
It is a rhythm.

If this workbook helped you gain clarity, the next step is staying aligned.

Additional resources, coaching opportunities, speaking engagements, and structured programs are available at:

**CyrusAusar.com**

If you are part of a team, organization, or leadership group that could benefit from this framework, visit the site to explore keynotes and group intensives.

**Keep building with intention.**

## Additional Resources

- The Burned Out, But Built for More Intensive
- Burned Out, But Built for More (Book)
- Private Coaching
- Organizational Workshops
- Burnout Recovery Keynotes
- Going to Grow Burnout Recovery Center ([goingtogrow.com](http://goingtogrow.com))

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