Burnout and Resilience
Anthony Blanco
Coach

- Certified Business Coach
- 23 years of coaching experience
- Global coach of the year 2018 & 2020
- MBA Friends University
- Own Health and Nutrition business with wife for 11 years
- Our business is top 5% world wide
- Married 23 years dating for 27
- 3 Kids-Aidan, Emme, and Madi
- “Try” Athlete
  - 6 Triathlons- 1 Iron Man- 140.6 miles
  - Multiple 100+ Mile bike rides
  - Multiple Marathons- 1 Ultra 50 Mile Marathon
“PEOPLE DON’T BURN OUT BECAUSE OF WHAT THEY DO, PEOPLE BURN OUT BECAUSE LIFE MAKES THEM FORGET WHY THEY DO IT.”
INKY JOHNSON, #647
Principle #3: Productive Exhaustion Requires Scheduled Renewal

“Productive exhaustion” is a phrase from my coaching curriculum that explains what happens when an advanced performer works intensely for long periods of time. Specifically, as you elevate your productivity and the expertise you bring to your arena, you will regularly experience cycles of vigorous intellectual, emotional, physical and spiritual fatigue.

This weariness is not a marker that there’s something wrong, but a signal that you’re doing everything right.

When you’re showing up with fiery passion and fiery commitment to produce nothing less than masterwork, you’ll often be left depleted because you are fully using your capacities, gifts and primal assets. This will cause productive exhaustion.

The solution? Regularly scheduled rest and refueling cycles. “A special ability means a heavy expenditure of energy in a particular direction, with a consequent drain from some other side of life,” wrote the fabled psychologist Carl Jung.

Sharma, Robin. The Everyday Hero Manifesto
ABOVE OR BELOW THE POWER BAR?

O - Ownership
A - Accountable
R - Responsible

B - Blame
E - Excuse
D - Denial

Victor
Results
Reasons
Victim

EMPOWERED PRACTICE
The 6 Life Savers - Hal Eldrod

- Silence
- Affirmations
- Visualization
- Exercise
- Reading
- Scribing/Journaling
Silence

- You either determine your day or the world does. The world is a chaotic vortex of disastrous distractions. “Your inbox is everyone else's agenda for your life”
  - NO News
  - NO Text
  - NO Email

- “Your Daily Agenda determines your destination”
  - YES to Meditation
  - YES to Prayer
  - YES to Gratitude and Thankfulness

- BREATH
Affirmations (1)

• Using “I am” affirmations can help you see major shifts and transformations in every area of your life

• Encouraging words you tell yourself to achieve your goals, overcome fears, be healthy and happy and live out your purpose

• People are constantly telling themselves what they are or are not.
I am sooooo tired
I am burned out
I am not a runner
I am not organized
I am struggling
I am broke
I am not a morning person

I am full of energy
I am in passionate pursuit of people
I am becoming a runner
I am becoming organized
I am an overcomer
I am becoming financially independent
I am becoming a morning person
Visualization

Imagine doing each thing, step by step that you need to accomplish your goals. Then imagine what it will feel like when you succeed.

- Your brain does not know the difference between what has really happened and what you have visualized that has happened.
- Our imaginations are either an asset or a liability.
- Visual programing- News, Netflix, Social Media...etc
- We create our reality with our thoughts, our thoughts are programed by our environment.
- Create the life you desire but knowing exactly what you want. Clarity leads to power, power leads to focus and focus leads to maximizing your results.
Exercise

● It doesn't have to be powerlifting or long-distance running. Just do some bodyweight exercises for 5 minutes to get the blood and oxygen flowing to the brain.

● Increases mental clarity by serving as a release activity

● Renewed energy

● Increased confidence- Increase serotonin levels

● Remove toxins- Adrenaline and Cortisol

● Improved Sleep

● Social Support
Reading

- Fill your brain with positive thoughts and ideas to improve yourself. Learn the knowledge of the people who have accomplished the things you want to do.
  - Where your focus goes your energy flows
  - We are all being educated all the time. What are you being educated on? What life are you feeding? The life of burnout, worry, doubt, anxiety and depression? Or the life of empowerment and growth?
  - Are you reading about politics?
- TRANSFORMATION starts with INTENTION followed by ACTION.
  - If you say you want change but keep repeating the same behaviors, do you really want to change?
Scribing/Journaling

Writing or journaling is a great way to process your thoughts and reflect on your life.

- It will help you be more self-aware and more articulate.
- Does not have to be organized to get started.
- Does not have to be neat to get started.
- It slows us down to process. Slow down to speed up.
- Prayer or thought journal.
- Use categories.
Life Category Wheel

Rate yourself on a scale of 1-10 for where you are in each category of your life today.

Business: 10
Social: 5
Personal Growth: 5
Money: 5
Health: 5
Romance: 10
Family: 10
Recreation: 10

Name: ________________________  Date: ________________
In the space below each category write a brief summary of what would be a perfect 10 for your life.

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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<tbody>
<tr>
<td>Health</td>
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<tr>
<td>Family</td>
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<tr>
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<td>Business</td>
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<td>Money</td>
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</tbody>
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Actions

1) Incorporate the 6 life S.A.V.E.R.S into your daily ritual.
   a) Hal Elrod- The Miracle Morning

2) Be Clear on what you want.
   a) Life Category Wheel

3) You are the creator of your reality through your thoughts and actions.
Resources

- The Obstacle is the way- Ryan Holliday
- It takes what it takes- Trevor Mowad
- The Four Agreements- Don Ruiz Migual
Idea

Who Am I slide

An inch below the surface-evie having convo with me

Miracle morning

12:50 – 2:10 pm, Q&A 2:10 – 2:25 and then will wrap up the conference. If you don’t need the whole time, that fine, we

Need 3 take aways

Evaluate- Life Category Wheel

“We can not save the poor of we are one of them” In the same way we can not serve those who we intend to serve if we become one of them.

Overwhelm- a lack of organized priorities