Day Two Activity:

Notice where your capacity can't meet the strain of your life's demands.

There's a famous story about a mechanic called to fix an expensive machine. After inspecting it, he hits one specific spot with his wrench, fixing the problem instantly. He hands the owner a $10,000 bill, explaining: "Hitting the machine with a wrench is free. Knowing where to hit it costs $10,000."

The lesson is that **taking action without understanding the problem can do more harm than good.** The same applies to burnout. Before jumping into solutions, you need to understand what's actually causing the problem.

Today's activity is about doing just that. Like the mechanic inspecting the machine, understanding might not look like much, but it's the most important step.

Here's what I want you to do. Ask yourself these questions:

1. What are the demands that strain me the most?
2. What makes them cause so much strain? (Another way to think about this – if I could wave a magic wand and change one thing to make them strain me less, what would I change?)
3. Does my life feel sustainable right now? Why, or why not?

You can answer these questions however you like. Some people might prefer to sit down and journal, or organize their answers in a spreadsheet. Other people might prefer to think about this while doing a chore, so their hands stay busy while their mind focuses on the questions. Do it however works for you.

1. What are the demands that strain me the most?

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2. What makes them cause so much strain?

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3. Does my life feel sustainable right now? Why or why not?

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If you're struggling to answer the questions...



When you first try to answer these questions, you might initially answer "I don't know." That's a good sign – if the answer was immediately obvious, these questions might not be as useful for you. Stay with the question, and ask yourself these follow-ups to prompt your thinking:

1. **If I had to answer this question, what would I say?**
2. **What's my best guess as to the answer?**
3. **What are three WRONG answers to this question? (Give yourself permission to give three wrong answers, and then you might find it's easier to say the right answer.)**

Even with these follow-ups, you might still not be totally sure. That's okay. As we continue through the course and you learn more about burnout, these questions will become easier to answer.

And of course, you can consider talking through these questions with a friend, a loved one, or a therapist. I often find that someone else can spot things about my life that I miss, and the same will probably be true for you.

1. If I had to answer this question, what would I say?

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2. What's my best guess as to the answer?

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3. What are three WRONG answers to this question?

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