

STOP GUESSING & BEAT BURNOUT NOW

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Burnout
EXPERT PODCAST

Episode 1





BURNOUT ROI

RIPPLE OF IMPACT

1 CRUSHING IT

SETTING NEW GOALS PHYSICALLY AND MENTALLY AND CRUSHING THEM. MOJO IS BACK. KNOW WHAT YOUR BODY NEEDS AND WHEN TO RECOVER AND PERFORM OPTIMALLY. FEEL LIKE IN CONTROL & CAN HANDLE ANYTHING THROWN AT YOU ON SHIFT.

2 CALM

BRAIN IS FOCUSED, CALMER AND LESS REACTIVE, YOU ARE BUILDING BACK RELATIONSHIPS WITH SPOUSE, KIDS AND FRIENDS, TASKS ARE DONE QUICKER AND MORE EFFICIENTLY, SMALL THINGS DON'T BOTHER YOU ANYMORE, FEEL LIKE YOU HAVE YOUR SHIT TOGETHER AGAIN.

3 ENERGIZED

CALMER, WAKING WITH MORE ENERGY , BODY HEALING AFTER SHIFT, NOT CRASHING MID DAY, RARELY NEED COFFEE, HAVE ENERGY TO GET THINGS DONE AND START CHECKING THINGS OFF OF YOUR TO DO LIST.

4 OVERWHELMED

FEEL LIKE EVERYTHING IS PILING UP AND WILL NEVER GET AHEAD, ON A HAMSTER WHEEL , EVERYTHING TAKES LONGER TO FOCUS AND GET DONE MENTALLY AND PHYSIALLY AND NEVER FEEL LIKE YOU CAN RELAX EVEN IF YOU SIT AND TRY AS YOU CAN'T SHUT IT OFF.

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5 EMOTIONALLY-REACTIVE

ANXIETY OR HYPERVIGILANCE RULES YOU. QUICK TO ANGER, EVERYTHING IS A FIRE, GO FROM 0 - 100 IN SECONDS FOR SMALL THINGS (ANGER, ANXIETY, FRUSTRATION), FAMILY WALKING ON EGGHELLS AROUND YOU, RELATIONSHIPS STRUGGLING BECAUSE OF MOOD SWINGS. MAY BE LOSING YOUR COOL AT WORK TOO. REPETITIVE INJURIES, COLDS, FLUS

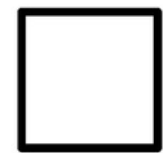
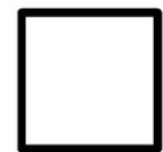
6 CONSTITUTIONALLY-DRAINED

ABSOLUTELY EXHAUSTED, PUSHING FROM THE TIME YOU OPEN YOUR EYES UNTIL YOU GO TO BED, COFFEE DOESN'T GIVE YOU ENERGY, THINGS TAKE SO MUCH ENERGY TO DO, YOUR TO DO LIST GETS LONGER AND LONGER , CAN'T FOCUS , CAN'T WORK OUT, PLAUGED WITH INJURIES THAT WON'T HEAL, CONSTANT COLDS/FLUS/ALLERGIES, GUT ISSUES, AND WONDER IF YOU HAVE WHAT IT TAKES TO LAST YOUR CAREER.

7 DEBILITATED

HEALTH ISSUES, AUTO IMMUNE DISEASES, CAN'T WORK - ,MEDICATED OUT OR ON STRESS LEAVE, CAN'T HANG OUT WITH FAMILY, IN BED ALL THE TIME, DEPRESSION & EXHAUSTION RULING LIFE.

CHECKLIST



Burnout vs Overdrive Symptoms

- <https://forms.gle/9M1DsP553s2vuZQKA>

Burnout Recovery Varies From Person To Person

01

Trying all sorts of strategies and not knowing what is working and not working

02

Not sure where to start.

03

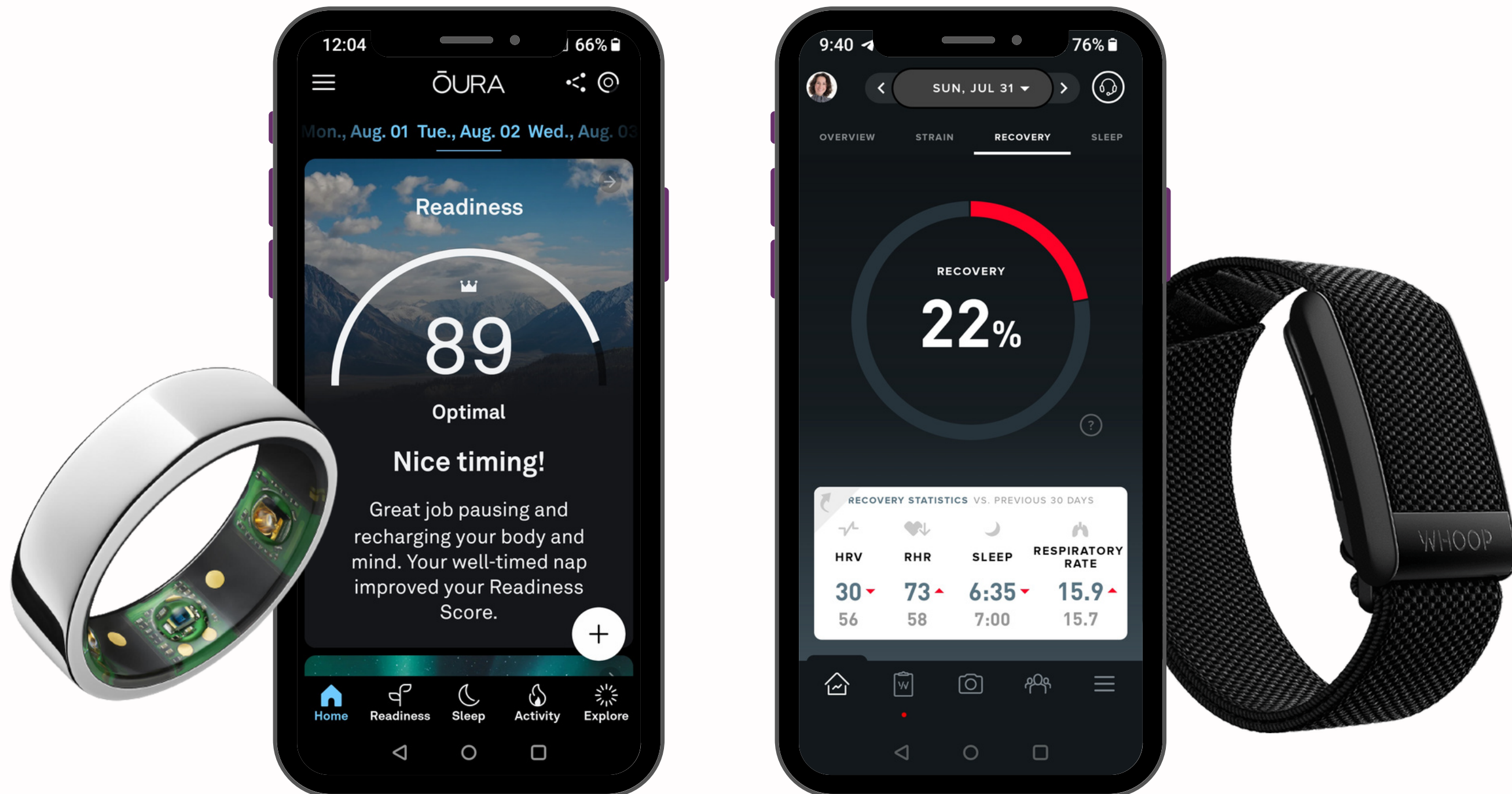
What stage of burnout are you in?

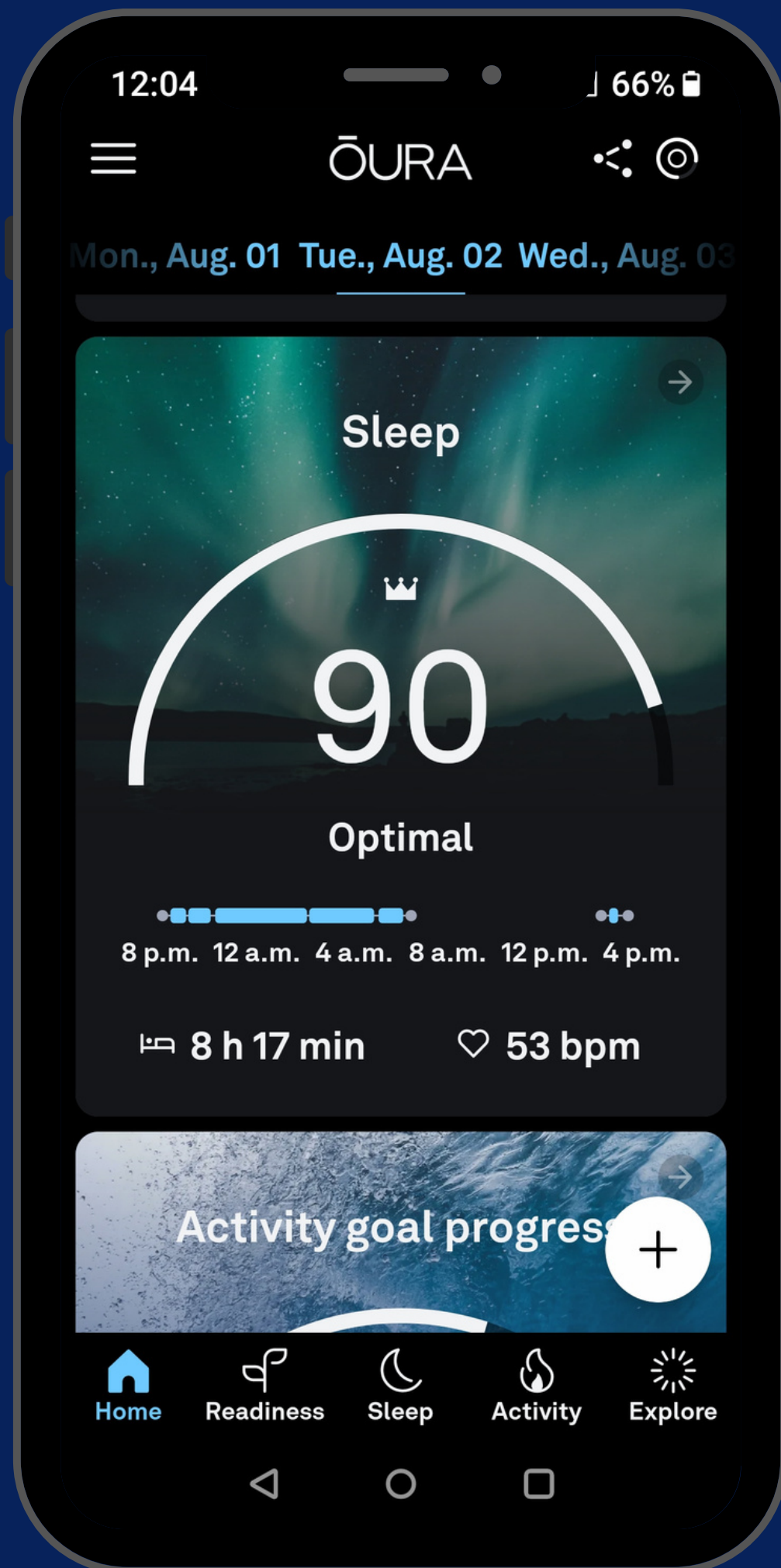
Objective AND Subjective Data

Help you know which
solution/direction is best for you
to get OUT of burnout.

Saving you TIME, MONEY &
FRUSTRATION

Whoop or Oura Ring Motivation & Excels Progress





Sleep Score

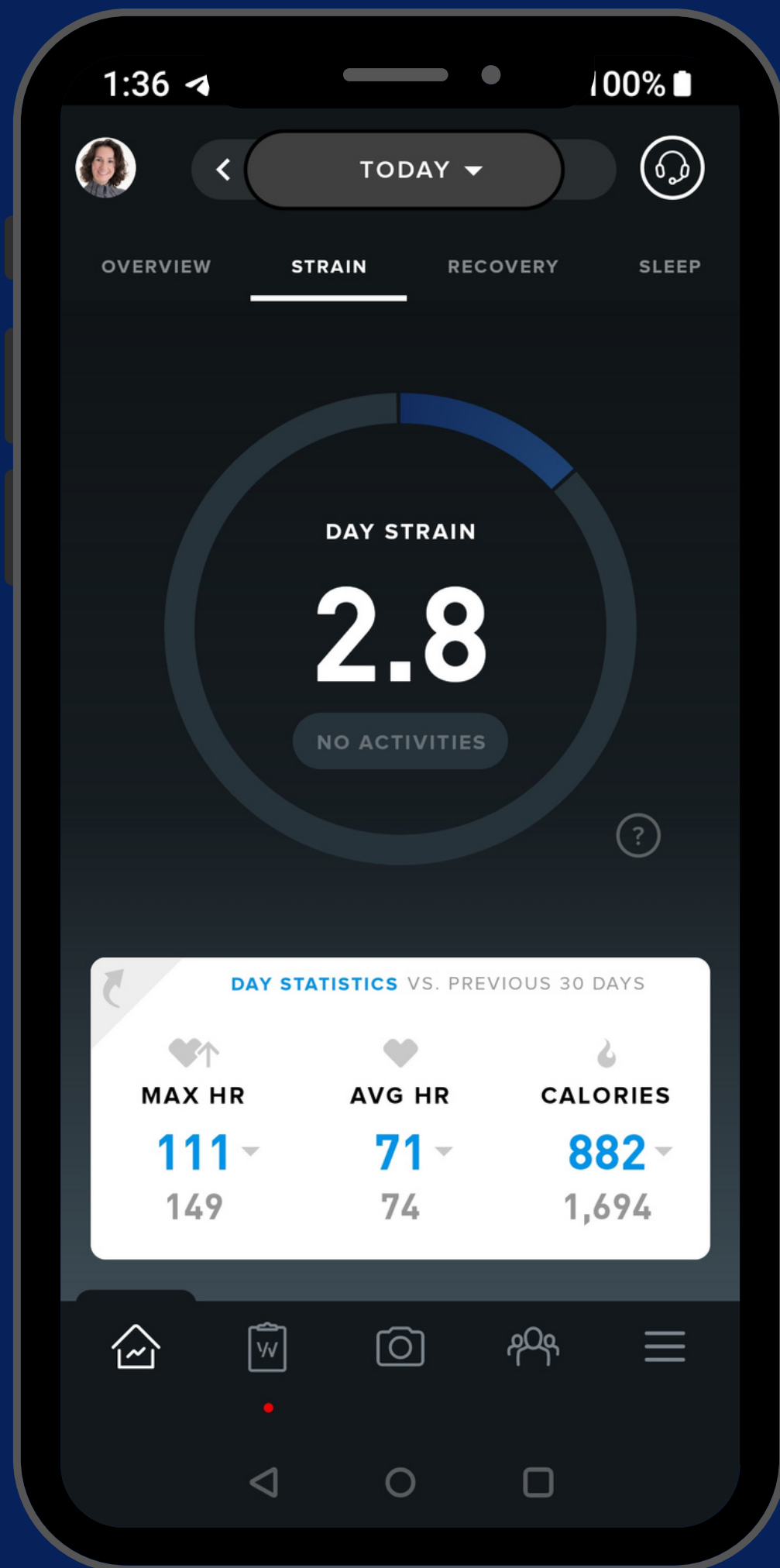
Latency – How long it took to fall asleep

REM, Deep & Light Sleep

How long you sleep vs how long your body needed.

Readiness or Recovery Score





Activity or Strain Score

This is only the tip of the ice burg.

Supplements

All Things
Burnout

Overtraining

Gut & Stress

Tired & Wired

Waking
Mid Sleep

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What Questions Do
You Have?

