

# BURNOUT: BEST CASE/WORSE CASE REFLECTION

## DIRECTIONS:

1. Choose one of the five Burnout Igniters:



2. Identify a specific real-world scenario that you have experienced that relates to the Burnout Igniter. (For example, Interpersonal Dynamics > When I arrive for work and am greeted with complaints.)
3. In the WORST CASE scenario, what do you FEEL, THINK, and DO? (Write these as "I" statements.)
4. In the BEST CASE scenario, what do you FEEL, THINK, and DO? (Write these as "I" statements.)
5. Reflect using the provided prompts.

**GOT QUESTIONS OR  
WANT TO DIVE DEEPER?**

Connect with Barbara Boyne at

[b.boyne@tier1performance.com](mailto:b.boyne@tier1performance.com)



## 1. BURNOUT IGNITER:

## 2. SCENARIO:

## 3. WORST CASE:

FEEL	THINK	DO
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## 4. BEST CASE:

FEEL	THINK	DO
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## 5. REFLECTION:

What is the difference between worst and best case scenarios?

What can you personally do to reduce burnout in this moment?

How can you spread this practice to other people and parts of your organization?