# BURNOUT RECOVERY BUNDLE

## A Biblical Plan to Restore Your Strength

*by Raymond Smith*

**7-Day Reset Plan** | **Self-Assessment** | **Reflection Worksheet** | **Prayer Guide**

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# 7-Day Burnout Reset Plan

You don't need to fix everything in one day. Burnout didn't happen overnight, and recovery won't either.

But you can start turning things around this week. This plan is designed to help you slow down, reset your mind and body, and begin rebuilding in a healthy, sustainable way.

*Keep it simple. Don't try to do everything perfectly. Just take one step each day.*

## Day 1: Stop

You can't recover if you don't stop the cycle. Burnout often continues because we keep pushing through it. Today is about interrupting that pattern.

> **Action:** Cancel, postpone, or say no to at least one non-essential responsibility today.

> **Reflection:** What is draining me the most right now?

## Day 2: Rest

Before God addressed Elijah spiritually, He allowed him to rest physically. Your body needs recovery.

> **Action:** Prioritize rest today. Go to bed earlier, take a short nap, or create space to slow down.

> **Reflection:** Where have I been neglecting rest?

## Day 3: Be Honest with God

Burnout often leaves you feeling disconnected from God—not because you don't care, but because you're exhausted. God already knows how you feel. You don't have to pretend.

> **Action:** Spend a few minutes talking to God honestly. No polished prayers—just real conversation.

> **Reflection:** What have I been afraid to say to God?

## Day 4: Identify the Weight

You're carrying something that's too heavy. Today is about naming it.

> **Action:** Write down everything that feels overwhelming right now—responsibilities, pressures, expectations.

> **Reflection:** Which of these things did God actually ask me to carry?

## Day 5: Release What Isn't Yours

Not everything on your list belongs to you. Some things need to be let go—either permanently or temporarily.

> **Action:** Choose one thing from your list that you can release, delegate, or step back from.

> **Reflection:** What am I holding onto that I need to surrender?

## Day 6: Rebuild Healthy Rhythms

Burnout often comes from living without margin. You don't need a complete life overhaul—you need better rhythms.

> **Action:** Choose one small habit to build into your daily life (quiet time, rest, boundaries, etc.).

> **Reflection:** What healthy rhythm do I need to protect moving forward?

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## Day 7: Move Forward with Clarity

God didn't leave Elijah stuck in burnout. He gave him direction. You don't have to rush back into everything—but you can move forward wisely.

**Action:** Write down your top 1–2 priorities for the next week. Keep it simple and realistic.

**Reflection:** What truly matters most right now?

### Final Encouragement

This week isn't about perfection—it's about progress.

Burnout doesn't define you. It's a signal that something needs to change—and now you're starting that process.

*Take these steps one day at a time, and trust that God will meet you in the middle of it.*

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# Burnout Self-Assessment

Take a few minutes to honestly evaluate where you are. There are no right or wrong answers—this is simply a tool to help you recognize what's really going on beneath the surface.

Read each statement and rate how true it is for you using the scale below.

| 1 = Rarely true | 2 = Sometimes true | 3 = Often true | 4 = Almost always true |
|---|---|---|---|

**I feel physically exhausted, even after resting.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I feel emotionally drained or overwhelmed most days.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I feel disconnected from God or struggle to engage spiritually.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I dread responsibilities that I used to handle without issue.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I feel like I'm carrying too much and can't keep up.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I have little motivation, even for things that matter to me.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I feel irritable, impatient, or easily frustrated.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I struggle to rest without feeling guilty.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I feel isolated or like I'm handling everything on my own.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

**I feel mentally foggy or unable to focus clearly.**
1 ☐ 2 ☐ 3 ☐ 4 ☐

## Your Results — Add Up Your Total Score

| | |
|---|---|
| **10–19** | You may be experiencing early signs of burnout. This is a good time to slow down and make small adjustments before things intensify. |

| | |
|---|---|
| **20–29** | Burnout is likely affecting you in meaningful ways. You need intentional rest, boundaries, and time to reset. |
| **30–40** | You are likely in a significant state of burnout. Your body, mind, and spirit are signaling that something needs to change now. |

### What This Means

This assessment isn't meant to label you—it's meant to help you recognize where you are so you can take the next step forward. No matter your score, you are not stuck. Burnout is not a failure. It's a signal.

# Burnout Reflection Worksheet

Take your time with this section. Don't rush it. The goal is not to get through it quickly, but to think honestly about where you are and what needs to change.

Write your answers in the space provided.

### 1. What Is Draining Me the Most Right Now?

*List the top things in your life that are currently exhausting you—physically, emotionally, or spiritually.*

### 2. What Am I Carrying That I Was Never Meant to Carry?

*Are there responsibilities, expectations, or pressures that you've taken on that may not actually be yours?*

### 3. Where Have I Been Running Without Rest?

*Think about your pace of life. Where have you been pushing without stopping?*

### 4. How Has Burnout Affected My Relationship with God?

*Be honest. Has it made it harder to pray, read Scripture, or feel connected?*

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### 5. What Do I Need to Let Go Of?
*Is there something you need to release—either permanently or for a season?*

### 6. Where Do I Need Help or Support?
*Who can you reach out to? What kind of help do you need right now?*

### 7. What Is One Change I Can Make This Week?
*Keep this simple and realistic. What is one step you can take to begin moving toward recovery?*

### 8. What Does a Healthy Life Look Like for Me Moving Forward?
*If you were no longer burned out, what would be different? What would your life look like?*

## Final Thought

*Awareness is the first step toward change. You don't have to fix everything today. But by identifying what's going on beneath the surface, you've already taken a meaningful step forward.*

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# Prayer Guide for Burnout

When you're burned out, even prayer can feel exhausting. You may not have the words. You may not have the energy. And sometimes, you may not even feel like praying at all.

That's okay. God is not looking for perfect prayers—He's looking for honesty.

Use these prayers as a starting point. Read them slowly. Make them your own. Or simply sit quietly and let them guide your thoughts.

## A Prayer for Rest

*Lord, I am tired.*
*Not just physically, but deep in my soul. I've been carrying more than I can handle, and I don't have the strength to keep going at this pace.*
*Help me to stop striving and to rest in You. Remind me that I don't have to earn Your love or prove my worth.*
*Give my body the rest it needs. Quiet my mind. Slow my heart.*
*Teach me how to truly rest—not just physically, but spiritually.*
*Amen.*

## A Prayer for Surrender

*Father, I've been trying to hold everything together on my own.*
*I've taken on responsibilities, worries, and pressures that are too heavy for me to carry.*
*Today, I lay them down before You.*
*Show me what I need to release. Give me the courage to let go of what isn't mine to carry.*
*Help me trust that You are in control, even when I step back.*
*I don't want to live overwhelmed anymore. I want to live surrendered.*
*Amen.*

## A Prayer for Strength

*God, I feel weak.*
*I don't have the energy, the motivation, or the clarity I once had.*
*But I know that You are my strength.*
*Meet me where I am right now. Not where I wish I was—but right here in this moment.*
*Renew my strength day by day. Help me take small steps forward, even when I don't feel ready.*
*Remind me that I'm not doing this alone.*

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*Amen.*

### A Simple Prayer for Today

*Lord, help me take the next step.*
*Give me wisdom for today, strength for today, and peace for today.*
*I trust You with what I can't control.*
*Amen.*

### Final Encouragement

You don't have to have long, perfect prayers to connect with God.
Sometimes the most powerful prayer is simply:

***"Lord, I need You."***

*And He meets you there.*

## Go Deeper with Disciple Blueprint

You've taken an important step by working through this guide. But lasting change doesn't come from one resource—it comes from consistent growth over time.

The Disciple Blueprint membership is designed to meet you where you are and help you keep moving forward.

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