

BURNOUT BINGO

Mark the moments that have felt familiar recently.

Five in a row makes BINGO, and prompts you to perform a Pressure Pivot.

B	I	N	G	O
Opened email before getting out of bed	Worked through lunch	Re-read a simple email five times	Said yes without checking capacity	Felt tired before the day began
Took work stress home	Cancelled plans just to recover	Stopped caring about work you once valued	Needed the weekend to feel normal	Stayed online to appear available
Forgot a routine detail	Felt guilty taking a break	FREE SPACE <i>"I am fine."</i>	Used "busy" as the default answer	Avoided a small decision
Checked messages after hours	Felt irritated by a normal request	Added work because asking for help felt harder	Worked longer for the same result	Felt cynical in a meeting
Could not mentally log off	Treated everything as urgent	Kept quiet to conserve energy	Postponed something enjoyable	Thought: "I just need to get through this week"

PRESSURE PIVOT

A 10-DAY WORKLOAD EXPERIMENT

Choose one change. Plot your remaining energy each day. Let the line show you what to do next.

WHAT PART OF WORK IS CONSUMING TOO MUCH CAPACITY?

CHOOSE ONE PIVOT

☐ STOP

☐ SHAPE

☐ SHIELD

ON DAY 4, MY PRESSURE PIVOT WILL BE:

Track the signal

At the end of each workday, plot one dot from 0 to 10 and connect it to the previous day.



Days 1-3 establish your baseline. Introduce one Stop, Shape, or Shield action on Day 4. Keep the same pivot through Day 10 unless it creates a safety or wellbeing concern.

STEADY INCREASE

Keep the change and make it normal practice.

NO CHANGE OR DECREASE

Test a different source of pressure.

RISE, THEN FALL

Identify the support needed.

WHAT DID THE LINE SHOW YOU?

MY NEXT MOVE