

# Entrepreneur Burnout Prevention Starter Guide

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## HELLO THERE!

I am so glad that you have taken the time to obtain this burn out prevention guide. I hope this is a prevention measure for you but if it isn't then please know you are not alone! Entrepreneurship is hard and if you don't have the right systems & supports in place then it can be down right impossible.

I have created this Burnout Prevention Guide for the tired professionals who are just wanting to make a difference in the world but aren't sure if they have what it takes to keep going. I made this guide for the momma and wife who is hustling her ass off and needs to find a more balanced way to keep moving. So know that I think you are incredible and I am so proud of you for following your dreams.

Please enjoy and take note of the bonus at the end!

- Jenn -

# FINDING INTENTION

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IF YOU DON'T KNOW WHY YOU ARE DOING SOMETHING, STOP DOING IT. IF YOU ARE LASER-FOCUSED ON WHAT YOUR DAY LOOKS LIKE, HOW YOU SPEND YOUR TIME, AND THE REASONING BEHIND YOUR ACTIVITIES YOU WILL FIND THAT THERE ARE PEACE AND JOY IN THESE DAILY ACTIVITIES.

EVEN LAUNDRY.

How do you actually spend your first hour in the morning? Are you in control or is something else?

What items in your day to day tasks do you dread? Which items do you look forward to?

Where do you "lose" the most time every day? Some examples may be Facebook, email, or finding things in your house.

# SELF CARE PLAN

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GOD BLESS SPA'S AND BEACHES BUT WHEN I SAY SELF CARE I DON'T MEAN THESE. SELF CARE IS ABOUT FINDING WHAT NURTURES DIFFERENT AREAS OF YOUR NEEDS AND DOING THAT. FOR EXAMPLE, EATING HEALTHY HELPS YOUR BODY FUEL ITSELF BETTER. READING A BOOK MAY FULFILL YOUR NEED FOR QUIET TIME OR INTELLECTUAL STIMULATION. REST & RELAXATION ARE THE AREAS QUICKEST TO BE GIVEN UP AND ARE MOST OFTEN NEEDED BY ENTREPRENEURS.

When I say self care, what does that mean to you?

What are your favorite things to do for yourself? Are you participating in these currently? Why or why not?

How do you feel after you participate in the activity above? What need is it fulfilling?

You have to be intentional with your self care and make it a priority. Where can you add 2-3 small moments for yourself in your day?

# FEAR-BASED BUSINESS

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FEAR AND FAITH BOTH REQUIRE YOU TO BELIEVE IN SOMETHING THAT HASN'T HAPPENED YET. I MOST OFTEN SEE WOMEN FEAR FAILURE IN THEIR BUSINESS WHICH MAKES THEM "HUSTLE HARDER" TRANSLATION "WORK 80 HOUR WEEKS". THEY DON'T MAKE DECISIONS BECAUSE THEY DON'T WANT TO MAKE A MISTAKE AND THE BUSINESS IS THEN STAGNATE. CONFIDENCE IS BORN FROM DOING HARD THINGS AND TRYING NEW THINGS, JUST ONCE.

What is your biggest fear for your business?

If you were to fail, what would happen? Really play the tape out on this one. Would you survive your business failing?

What are the things you need to make a decision on to grow your business?

# MISSION DRIVEN

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BUSINESSES & AGENCIES HAVE MISSION STATEMENTS THAT HELP GUIDE THEIR DECISION MAKING AND KEEP THEM ACCOUNTABLE TO THEIR GOALS. BEING APART OF SOMETHING AND FEELING LIKE THERE IS FOCUS AND PURPOSE HELPS PREVENT BURNOUT FOR INDIVIDUALS. IT OFFERS A STATEMENT FOR REFLECTION WHEN THE DAYS ARE LONG AND THE TODO'S SEEM NEVER ENDING.

Write out what you want your mission statement to be including personal and professional elements.

If you send your mission statement to [hey@jennrenee.com](mailto:hey@jennrenee.com), I will send you a personal response back with feedback & suggestions



## SO HOW DID IT GO?

Did anything stir the creative pot and light your soul on fire?!

Don't let the ideas and the thoughts swimming in your head just sit there and fizzle out. Implement ONE change today. You are essential to helping your family, friends, and community develop into something more.

If you find yourself ready to find more efficient systems and get your life balanced let's schedule a strategy call together.

Don't forget to email me your mission statement! I cannot wait to read what you have for your focused intentional mission in life.

- Jenn -