

27 Ways

to Prevent Burnout

and live the life you love



FOR ARTISTS, DESIGNERS AND HOLISTIC HEALING PROFESSIONALS

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*You know you're facing burnout
when you*

- Dread your work
- Stress about money
- Ignore your systems
- Rip up your work
- Lose your voice
- Lose your empathy
- Lose your energy
- Escape into distractions
- Explode at others
- Feel like an empty balloon
at a one-person pity party

If you've not experienced any of these symptoms, good for you!

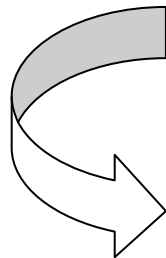
I hope you'll read on anyhow. You'll learn 27 ways to prevent burnout for yourself and how to spot it in the others you serve.

If you resonate with any of these symptoms, you're heading for burnout, NO MATTER WHAT FIELD YOU'RE IN. If you're experiencing three or more of these symptoms, you're already there. Read on to

find effective ways to lift yourself out of this all-too-common, often critical, life changing condition.

Please do not judge yourself harshly if you have or resonate with any of these symptoms. Many of you make your living as a catalyst for change in other people, whether it is through your art, design or healing abilities. Now it's your turn for change. As you'll see, you're not alone. Many people, many entrepreneurs and practitioners, are afraid to be candid about their feelings of burnout. It can be shame-inducing to admit. The ego's judgmental inner voice taunts "You're failing your customers, clients and patients, you're betraying your profession, you're not trying hard enough." And you? You tell yourself you're just tired. Your energy is a bit low. You'll be OK tomorrow. You do everything except acknowledge what's really going on. Until it's too late.

Help is on the way!



Come right in.

Welcome. Let me get the door for you.

You're here because you're an artist, designer or Holistic Health Practitioner, aka an energy healer, and you want to know more about burnout. Maybe you're experiencing some of burnout's symptoms yourself. Maybe you want to make sure you don't experience the symptoms. Maybe you have other reasons, all of which matter and which I'd like to know about. Here's our reading room; come on in and make yourself comfortable.

There are a number of opportunities in this material to submit your comments, questions, observations. I'd love to hear from you even before you start reading. What got your attention? What do you need? Is the download OK? Anything you'd like to change to make yourself more comfortable? (email gail@changebistro.com).

Settling in, here's how to get the best out of this book. You'll find practical observations and real-life suggestions about preventing burnout. Yes, people in every occupation face burnout; and yes, not all burnout is the same. In the particular occupation of energy healing there are similarities, differences and additional risks. All the suggestions in this book are oriented towards artists, designers and Holistic Health Professionals, aka energy healers (though the information fits many other kinds of entrepreneurs and service professionals).

Often what you are doing is outside the traditional model in your field, and you don't always get the kind of support you really need. Since many of you are doing non-traditional work, this book includes non-traditional solutions.

First, for energy healers (others may resonate with this as well): When your work involves creating change, or a shift in attitude or understanding, you are fundamentally creating a change in your customer's body, mind and spirit. You are changing the quality of the energy that animates their thoughts and feelings. Whether you work one-on-one or with groups...

YOU CAN'T KID YOURSELF AS AN ENERGY HEALER.

You must be impeccably balanced to run energy. Otherwise it sticks and builds up in the broken places and before you know it, you're sick, or sick and tired. Either way, the answer is to bring the broken places back into alignment. And then...bring your throughline into play. This book will tell you how.

I talk about burnout from my own experiences with its symptoms. I've burned out in two different businesses; one of them a highly creative service business and the other a practice in the energy healing field. Both were painful times. Both cost me friends and lifestyles. Now I've learned how to recognize the symptoms almost before they start. Even more importantly, I have learned how to attune to my own throughline and create a lifestyle practice and business I love. Even better, I'm helping many others like you back from the brink of burnout to do the same.

I began writing this material after I came across a startling statement from the Domo Geshe Rinpoche of the White Conch Dharma Center in New Mexico. She writes:

“EVEN WITH TODAY'S TECHNIQUES FOR PREVENTING BURNOUT, THE AVERAGE LIFE OF A HEALER'S CAREER IS ABOUT 3 YEARS.”

I was taken aback by Rinpoche's statement. I don't question its truth, nor does it matter much if it's 3 years or 5 years or 10 years to burnout. It's a painful phenomenon worth looking at because,

according to author and coach, Chet Holmes, there were 420 million visits to complementary care practitioners in 2006 (and just 350 million to traditional medical practitioners.)

This is a sea-change in the healthcare field.

People are visiting holistic health professionals and alternative entrepreneurs in very large numbers. It is critical to pay a lot more attention to preventing burnout in this dedicated service population so many people want to visit. These are service professionals in need of help with a clientele who needs them for help. (See, you're not alone!)

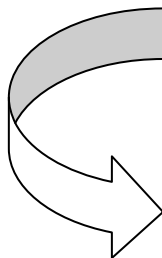
We can do better in maintaining ourselves as energy healers, (artists, designers and alternative entrepreneurs), in growing our day to day practices into lifestyle businesses we love, in maintaining our inner balance and inner alignment. We can do better because...

BURNOUT ISN'T AN END. IT'S A BEGINNING.

Burnout is an aspect of grace.

Burnout, in my experience, always signals that something better is lurking in the corridors of our psyches waiting to emerge. Something higher, brighter, shinier, more rewarding, satisfying and fulfilling.

Always!



WHAT IS BURNOUT ANYWAY?

Burnout is a close cousin to compassion fatigue, aka compassion deficit, and also to “system claustrophobia.”

Here’s an official definition: “Burnout is a state of emotional and physical exhaustion caused by excessive and prolonged stress. It can occur when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place. Burnout reduces your productivity and saps your energy, leaving you feeling increasingly hopeless, powerless, cynical, and resentful. The unhappiness burnout causes can eventually threaten your job, your relationships, and your health.” (Thanks to HelpGuide.Org).

My friend Ardis described her experience of seeing too many clients more succinctly. “I was seeing 25 clients a week and teaching on the weekends. I got to the point where I just wanted to shout “Get OVER it!” and boot my client out the door. I cheered when someone canceled their session!!!” That’s how bad it can feel when you’ve fatigued your compassion meter to the point of breaking.

You can also be worn out from trying to fit yourself into a role that doesn’t fit you. Henry Neils, owner of www.assessments.com, met with a client whose trembling hands and air of desperation suggested burnout. Since they were in a restaurant, Neils described what he said. “I picked up a fork and explained that as long as I used the fork for eating, it would last indefinitely. However, if I began to use it to drive nails or dig trenches, it would soon break. The key was to use it for what it was designed to do.

“The look in his eyes told me he got it, but I still went on to say that people are like the fork. When they do what they are not designed to do, they eventually break.”

In my own experience, burnout is most easily defined as too much of a good thing. You’re good at what you do. You have become a master of your craft and can perform almost automatically. You have reached the final stage of learning called unconscious competence and one day, out of the blue, you realize you can’t do it anymore. Some part of your psyche is rising up in protest and causing havoc in your life. Don’t worry. You’re not crazy and you’re not sick. There’s no reason to judge yourself or feel like you’re failing or falling apart. This is what Henry Neils calls “system claustrophobia.”

There are actually a number of very good and grace-filled reasons for the discomfort you’re now experiencing. All of them, I’ve found, represent a Call to Change.

Let’s look at 8 of the most common situations and practices that will lead you down the road to burnout. You can see how each one results in a Call to Change.

WOUNDED HEALER WOUNDED ARTIST

ME LAST

You put yourself last and everyone else first. Result? You’re running on empty. You need time out to refill your tank for health and balance. You also need to change your (probably) deeply ingrained, generational behavior pattern of self-sacrifice. You need a new pattern for improved self-care.

PEOPLE PLEASING

You've been---oh my dear---people pleasing☹️. Always at your own expense. Now you just can't do it anymore. Great news for you😊!!! Your new opportunity is to learn how to create healthy bonded relationships free of people pleasing. Your challenge is to learn to let your authentic self show up and remain, no matter what. It takes courage; you can do it.

🌸 ENERGY DRAIN

You've not been cleaning up your energy field on a regular basis. Clients can leave all kinds of dense energy matter behind. Maybe you have some open leaks and tears. Don't wait to get some help. Leaks are no fun and leave you vulnerable to energy suckers. In the resource section at the end of this book, you'll find recommendations for how to clean your own field, and contact info for professionals who specialize in repairing tears in energy healers' fields.

WOUNDED FINANCES

🌸 HOLDING ON

You've squeezed yourself into someone else's model because it was attractive to you as a profession but it no longer fits. You're reluctant to let it go because you don't know how else to support yourself/your family. There is a better choice that will fit you like a warm glove, allow you to do good and make money too. Now's your chance to do some self-assessments and look for the new dream you'd like to bring to life.

🌸 AT ALL COSTS

You continue to do what you don't want to do because you need the money. Corollary: You continue to work with clients who drain you because you need the money. Or you continue to work in an unfulfilling medium because you need the money. It's time for a time out to restore your boundaries,

your spirit and your greatness. There is a better way for you to run your life.

 DOLLARS FOR HOURS

You spend half your time chasing clients and feel like you'll never get ahead or build a stable practice. The stress of getting clients builds upon the stress of having to maintain your pace to maintain your income. There is a better way to build your business for every creative service professional!

WOUNDED SPIRIT

 LOSING TRACK

You've lost track of your throughline to essence, your soul purpose, and somewhere behind your despair spirit is knocking at your door. It's time to pay attention. There is an inner balance and sense of fulfillment you deserve. Once you re-align with your throughline, stress drops away and your pathway through the fog becomes clear.

 HIDING SHOCK

You've experienced a horrific situation and are in shock from the shock of it all. This is where burnout merges with compassion fatigue and post traumatic stress, which must not, cannot, be ignored. Please hide no more. Get professional help today. And read on for exercises you can do right now that will give you a measure of relief!

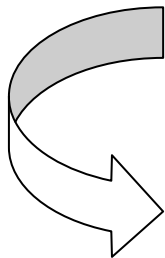
Summary

These are 8 ways burnout can walk right in your door without knocking. Just remember that the Call to Change walks in right behind burnout and stands there, holding the perfect cure for your wound even though you might not see it for a while.

STOP BURNOUT IN ITS TRACKS

Fundamentally, the foundation of all healing, whether it's healing arts or healing services, is the professional's ability to maintain an inner balance. It's not about performing care giving; it is about being the one who is able to help others in a calm and balanced way. Simply put, it's about being, not doing. In the flurry to gain knowledge, collect techniques, and produce for others, it is easy to forget that your own health and balance are the foundation of your own healing abilities. The Call to Change encourages a 50-50 balance between the time and amount of caring you give to others, and the time and amount you give to yourself.

In the following pages, you'll find 27 ways to prevent burnout---at the Energetic, Physical, Emotional, Mental, Spirit and Business levels. Pick the one you most resonate with in the moment and try it out. Then pick another one. There is no right one; Each will work for you at different times. You might like combining one from one category with one from another category.





PREVENT **ENERGETIC** BURNOUT

1. A very basic energy cleansing practice---no matter what you're doing---comes from the Pranic Healing tradition where a pan of water with sea salt sits on the floor beside the healer. With every healing movement, the healer "flicks" old energy from their hands into the salt bath to be transmuted. You can use sea salt the same way by rubbing your hands and arms with water and sea salt after every session or client meeting, or whenever you feel your work is getting stale. You'll feel clean and refreshed as a result.
2. Smudging yourself and your room or studio with sage is an ancient practice you probably already know and have used. Studying with a Native American healer named White Eagle some years ago, I remember how thoroughly he used smudge to prepare himself and his students. And he also was very careful not to use his own energy in the healing. He used the energy of Bear, or Deer, or Rabbit, or Eagle (a bear claw, deer antler, rabbits fur and eagle feather), with rattles and drumming to balance and transmute his client's energy. He kept himself very well protected. When complete, he walked away and cleaned his field with smoke one more time.
3. You probably also know this from your training, but it's always good to remember not to "collapse" your energy into other people's fields. Many artists and healers are highly empathic so you can feel drawn in. Part of your talent is to be able to walk into other people's fields and

bring out helpful information, but you have to know how to back out quickly. Many years ago in a Reiki session I came upon an energetic black hole in the region of a client's back. It sucked me in so strongly my knees buckled. I pulled my energy out, drank some water and triangulated for the rest of the shortened session. I imagined I was one point of the triangle base, the client was the other, and a light source was at the top. I focused the light directly to the client with the intention that the hole be repaired and kept myself completely separate, much as White Eagle did with the Bear and Eagle energies.

4. Do your work and keep your frequencies high. We don't always appreciate or respect the power and quantum physics of what we do, or its ultimate affect on us or on those we work with. Do your inner work, strive for balance and keep your vibrating frequencies high through prayer, meditation, healthy exercise and focused intention. Center on the crystalline light structure in your heart and say to yourself: higher and higher, higher and higher, higher and higher.



PREVENT PHYSICAL BURNOUT

5. Eckhart Tolle writes that physical exercises like qigong, tai chi and yoga are excellent resources for separating our pure source energy from the weight of our egoic mental and emotional memory imprints, from what he neatly labels the “pain body.” Once you reach higher levels of coherence (and spirit), the more dense frequencies (of ego) drop away. Practices like these (plus modalities of sound, color and light, fragrance and energetic contact) revivify the physical body by promoting the balanced flow of energy through the chakras, meridians, nervous system and internal organs. Choose the practice you enjoy the most and make it yours on a regular basis.
6. The restorative power of nature comes from the pure pranic energy found where the ocean meets the shoreline, where ancient pine trees touch the sky, where majestic rock formations create sculptural beauty and sanctuary. We are moved and uplifted by our immersion in this pure pranic energy. The more time you can spend in nature the better to support and maintain your energetic healing and inner balance at physical, emotional, mental and spirit levels! If you can’t immerse yourself in the natural world on a regular basis, fill your living and working space with live plants, a goldfish bowl and other balancing tools from the Feng Shui tradition.
7. TIME OUT. Can you plot out a work schedule for yourself that allows ample time off? Time for a day off, a long week-

end off, a three-week vacation? I knew a therapist who worked long hours for three months at a time and then took three or four weeks off, always traveling to a distant country for refreshment and refueling. His patients survived just fine in his absence because they always knew in advance what his schedule would be and when they would see him again. I learned an important lesson from the high degree of self-care he modeled.

8. **SLEEP AND DIET.** This category seems obvious. But not long ago I made a commitment to align my food and other purchases with better environmental standards, as much as possible. Aside from the good feeling of doing some small part to ease our planet's stress, I've noticed an increase in my own sense of well-being---an improved energy level and feeling of lightness from eating more nutrient-laden foods. Better sleep seems to follow.
9. **TREAT YOURSELF** often with the services of other holistic healing practices. Acupuncture, massage, reflexology---all serve to bring the yin and yang energies in your body into harmony and balance. When you give to others in your work and practice, you are using your yang outgoing energy. When you receive from another holistic practitioner, you are nourishing your yin receptive energy. Together, they become one. This is a commitment to maintaining your 50-50 balance and harmony.



PREVENT **EMOTIONAL** BURNOUT

10. ARE YOU DOING YOUR WORK FOR THE RIGHT REASON?

The Call to Change might be to step back and re-evaluate why you do what you do. If you entered your current profession for personal power or to gain respect, you're probably on the wrong track and heading for burnout. It's time to find your throughline and start again. As Oprah says "if you do work that you love, and work that fulfills you, the rest will come." Change Bistro products and services can help.

11. EMOTIONS HELP YOU READ YOUR ENVIRONMENT. They are messengers from soul. The high frequency emotions like forgiveness and humility lift you up. The low frequency emotions like anger and fear keep you in a lower frequency state where burnout finds an open door. Two things that help when you're angry. One – check to see if your boundaries have been crossed without the opportunity to make the situation right. Two – anger is often resolved when you move into creative expression. Speaking Mastery coach Miriam Goldsmith (www.speakingmastery.net) advises using a tape recorder with multiple channels. On one channel speak out everything you're angry about. Speak directly to those you're angry at. On another channel, speak aloud everything you want to create. Talk about your hopes and dreams. You'll find the first channel loses its charge and angry energy; the second channel becomes more and more alive as you talk your dreams into

reality. You begin to feel more calm and hopeful, all signals that you're coming into alignment with a better purpose for your life.

12. **FEAR.** I've noticed lately that many of us are experiencing a sudden upwelling of fear, anxiety and panic, along with the unpleasant sensation of having too much cortisol released into our systems. I don't know if these are all our own fears emerging to be healed, or if we are picking up on the general climate of fear we currently inhabit. I do know that we must do our best to lift ourselves up to higher levels. When you find yourself in a bout of fear, the best way to get the effects of the cortisol out of your body is to vigorously move your arms and legs, like the "shake-out" that's done in yoga. Shake your hands and arms, shake your legs, wiggle your torso, lean over and shake your head, stamp your feet and get grounded.
13. **TUNE YOURSELF UP.** Another way to move your lower emotional states to higher ones is with a simple sound healing modality I first learned from author and sound healer Kay Gardner. The basic idea is that everything is frequency and every discomfort in our emotions and body has a frequency. The essence of sound healing is to tune in to the frequency of your discomfort and give it a sound, a tone. Tune in and tone the feeling of your fear. Then imagine you are transmitting fear into the more forceful energy of anger or frustration or indignity, and convert that feeling to a sound. Toning it aloud, you might feel self-conscious about what emerges, but I guarantee you'll immediately start to feel better. Next, move up to imagine a feeling of safety or security or pride. What sound do those feelings have when you tune in and tone them aloud?

Finally, lift yourself up even further by tuning in to the higher states of joy and jubilation, even unconditional love. Experiment with the vibratory expression of these states, using your voice to let their higher states resonate throughout your body and your field. You can make these sounds yourself, and you can also find music that contains these uplifting frequencies and let the music play its vibratory frequencies through your body for emotional (and physical) healing.

14. **MANAGING STRESS.** As an artist or energy healer you have a highly evolved nervous system and are sensitive to those demands that pull you out of your comfort zone or push your capacity to perform. You also live and work in an environment not always supportive of your gifts and emotional needs, yet your work depends on your ability to remain emotionally calm, centered and balanced. The Call to Change in this case might be found in the mantra: simplify, simplify, simplify. The complexities you once could handle effortlessly now need to be reduced. Consider what your life would be like if, rather than doing many things, you could simplify your life down to just one thing that you love and do really well.

15. **WHAT DO YOU NEED?** When you're feeling unhappy, Marshall Rosenberg, founder and author of *Non Violent Communication*, says to look for the need that's not being met and learn how to ask for what will make all the difference. In his teaching, all our emotions stem from the quality of needs that are being met or unmet. The need for supportive community is especially strong in artists (writers too) and healers. We tend to isolate at just the times when we most need support. We also need to know that we have

much more power as a group than we think we have. Ervin Laszlo in his book *Quantum Change in the Global Brain*, makes three relevant points. First, that people who understand how to work with energy and frequencies now represent a significant part of the population, up to 25%. Next, science is proving that the underlying assumptions of energy work are correct. And finally, that when we become more vocal as a group, we have the messages the world most needs to hear!



PREVENT MENTAL BURNOUT

16. **SLOW DOWN.** Are your thoughts running away with you? Do you spend too much time thinking about the past, or plotting the future, or just plain worrying? We all have brilliant minds and our own ways of learning, but in part because of the way we were educated, we spend too much time thinking. All spiritual traditions ask us to quiet our mind through meditation, come into the present, into our bodies and simply practice Being. Create mental space. I once wrote an article titled “Soothing the Dragon” which was about how to calm our hypersensitive reptilian brain. Slow it down. Imagine modulating your brain waves from 30 cycles per second down to 8 or 9 cycles per second; the place where you open up to your genius mind and the higher realms. That’s also the original resting rate of the earth’s pulse. While everything around us seems to be speeding up, it helps to soothe our mental body by consciously slowing it down.
17. **STOP THE FLOOD** Burnout can be the result of chronic overwhelm. Whenever my brain floods with overwhelm, I think of the Water Element in Chinese Medicine, which includes the Kidney and Bladder Meridians. The vital energy of the Kidney Meridian governs our brain as well as our natal chi. The image is literally one of water flooding beyond its banks and shorelines without the energy to control it. There are several Kidney points you can massage to regain control. One comes from *Brain Gym* by Paul and

Gail Dennison, and involves putting the fingertips of one hand on your belly button. Take your thumb and index fingers of your other hand and place them on the two Kidney points that are just below and outside the knobs of your collarbone. If you feel around, you'll find slight indentations. Place your fingers there and gently massage the points. You're creating a jumper cable hook-up that clears confusion in your brain. Hold the points until you feel the flood waters recede.

18. BUILD A BETTER SCHEDULE Closely related to #7 "Time Out," schedule enough time for managing your practice, your business or studio time. Part of setting up a successful practice is to decide how many days and how many hours you want to work. Equally important, decide how much time you really need for vacation, study, managing your work and time with family and friends. In some reports I've seen, it is recommended that you schedule 6 hours for time off or working on your business for every one hour that you will actually spend with clients, working in your business. If you schedule all your time with clients, you have no time for the other requirements of your life, and you will burnout.

19. POSITIVE THOUGHTS PATROL. The number one universal limiting belief in our society is "I'm not good enough. I'm unworthy." Often this is an unconscious belief. No matter how many positive intentions you set, or affirmations you say, if you have an unconscious resonance with this negative thought you'll have a hard time manifesting what you intend. In Resonance Repatterning, practitioners help you locate the precise limiting belief you've carried (usually since childhood), then change your resonance with its

frequencies. You'll no longer resonate with that habitual thought or feel its accompanying fear or let it hold you back in your life.

20. STOP BEING RIGHT This is the other side of the same worthiness coin. Maria deCarvalho, Episcopal priest and workshop facilitator (www.byanotherway.com) teaches people in organizations how to speak truth with love and maintain connection no matter how difficult the subject matter. A top principal is to give up judging and being right. This, she says, we must make a spiritual discipline in our lives. Whenever you find yourself judging another, or making comparisons or insisting on the rightness of your viewpoint, STOP! Turn this poor mental habit into the spiritual discipline of listening without judgment. You might want to read *Non Violent Communication* by Marshall Rosenberg and learn a never-fail formula for how to listen, observe and communicate successfully from this compassionate and connected perspective. It makes life a lot sweeter!



PREVENT SPIRIT LEVEL BURNOUT

21. WHEN BURNOUT TURNS TO DESPAIR Chloe Wordsworth, founder of the Resonance Repatterning system, teaches that despair represents a disconnection from spirit. Despair is an advanced state of hopelessness and helplessness, often manifesting as depression. The best way to prevent burnout from reaching this level is to pay attention to the signals you receive from your body and emotions along the way. Often in giving sessions, I've found that a client will say "Oh I knew I had to make that change, or take that action, but I just didn't!" The signs and signals have often been there all along and we've ignored them at our peril. The good news is that this state represents a Call to Change. There is something new our psyche wants, a new quality of soul, a higher frequency of spirit in action, which lie just below the surface waiting to be brought alive. This is a good time to seek professional help with someone who is experienced in helping people reconnect to their soul and spirit needs. There is always hope and the book *Quantum Change Made Easy* offers just that.

22. NURTURING SPIRIT In the book *Meditation Secrets for Women*, the authors Camille Maurine and Lorin Roche, PhD write about techniques for women who already have fluid emotional skills and highly developed and sensitized nervous systems. These authors suggest that meditation for women needs to be somewhat different from the traditional techniques taught in the ancient traditions. Their

informative book contains many suggestions for how to soothe frazzled or burned out psyches through creating release, movement, sensual environments and lovely spiritual imaginings.

23. SUPPORTIVE COMMUNITY. When Ervin Laszlo researched and wrote about those people who are working in alternative fields, whether as artists or healers or in business, he commented that they often work in private. They are not organized in groups and are unaware of how much power they really have. Their voices are largely silent. I've found it is time to change this pattern by creating and/or joining supportive groups who care about each others needs and growth. The synergistic magic that occurs is nothing short of breathtaking. And, it appears, these are the voices that are most needed now. If you're feeling burned out, create a group, find a facilitator or be one yourself, and set these voices free.

24. EMERGING CONSCIOUSNESS In ancient days, Shamans, healers, artists were an integral part of the community they served. They worked in a much slower and more personal way. Quite the opposite of scheduling clients on an hour to hour basis. They lived in communities where they were known and respected, held in high esteem. Energy workers today especially often suffer from low self-esteem. It's because we live in a less supportive environment.

It's up to us to appreciate the sensitivities we bring to life along with the ability to reach into other dimensions and bring back information, inspiration and divine guidance.



PREVENT **BUSINESS** BURNOUT

25. **MAKE YOUR BUSINESS WORK FOR YOU** rather than the other way around. One way is to grow your day to day or project to project schedule into a holistic organic business you love. With your throughline in place, it's much easier to develop on-going revenue streams. It's easier to determine which projects fit your throughline and energize you and which ones don't. I'm a sucker for new ideas and often want to include them or get involved in them. To my peril! It makes such a difference to be able to measure the new ideas against my throughline, asking does this really fit me and where I'm going, or is it just another pretty idea leading down the road to burnout and disillusion?

26. **ASSESSMENTS** The more you know your strengths and put them to work for you, the more you prevent burnout and find satisfaction in your life. There are many kinds of assessments. I'm a bit suspicious of the ones that rely solely on left brain answers when so many of us are functioning more and more from a whole brain state, so I've created a mix of my own that draws on many traditions and elicits more whole brain thinking. Right now, you can go to www.assessments.com and do the free initial survey. You can buy Strengths Finder 2.0 and then go to the website they run for a free test. The Change Bistro assessments are included in every teleseminar series.

FINALLY WITH HUMOR...

27. BE LIKE CESAR Have you ever watched Cesar the Dog Whisperer at work on TV? He helps dogs reorient to their throughlines. I saw him transform a Great Pyrenees from a dispirited puddle---clearly the dog was broadcasting a Call to Change--- into a happy playful animal. How? Cesar simply recognized the dog's innate talent. He took a child's backpack and filled it with rocks. Then he adapted the backpack to fit the dog, strapped it on and encouraged the dog to walk around the yard. Why? Great Pyrenees are bred to carry heavy loads over the mountains; that's their purpose. Even though this dog lived in the suburbs, he was innately happier carrying his weight whenever he went outside. He felt useful; he was aligned with his throughline. Such a simple solution!



*If you find out what it is you love to do
and give your whole life to it,
then there is no contradiction,
and in that state your being is your doing.*

JIDDU KRISHNAMURTI

When it's time to answer your inner

"Call to Change", it's time for Change Bistro

Every aspect of the Change Bistro mission, products and services is designed to help you bring your dreams to life, to the place where "your being is your doing" and you have the practical tools to live the life you love.

This is the surest cure for burnout I know.

Maybe the next step for you is to enroll in a Coming Alive Teleseminar where you'll join a select group of gifted people, find your throughline and the ideas to make it successful.

Perhaps you'd like some private coaching, or copy coaching, to strengthen what you've already created.

If you like working on your own, download the Quick TIPPS eBook. You'll find steps and stories to change you forward.

If you're really feeling stuck, then some Resonance Repatterning® sessions can help. Since these include family and organizational constellation work, there is nothing that cannot be addressed and healed. You can find a practitioner in your area by going to www.repatterning.org, or call me for a series of phone sessions.

Thanks for spending time at Change Bistro! I hope you'll come back again.

Gail Glanville
Head Changer

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Was this material helpful for you? In what way? Use this link to send your comments or suggestions. They are most welcome.

CONTACT gail@changebistro.com, and thank you!

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