

## Special Operations Approach to Dealing with Burnout

<b>R4 =</b>	Resilience	Regimen – Battle Rhythm
	<b>R(+)</b>	Ritual for your Mind, Body, Spirit & Craft
	Resistance	Rigor
	<b>R(-)</b>	Recovery – both Micro (daily) and Macro

Current Battle Rhythm

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**REFLECT ON YOUR RHYTHM – MIND, BODY, SPIRIT & CRAFT.**

**START** - What do you need to start doing/build on because you are in a deficit?

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**STOP** - What do you need to stop doing because it's not effective for your rhythm?

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**CONTINUE** - What do you need to maintain/continue doing because it's working?

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