

2-Minute Tips to Outrun Burnout

GoSkills online course syllabus

Skill level

Beginner

Lessons

9

Pre-requisites

No prior experience needed

Video duration

15m

Estimated study time

15m 33s

Instructor

Jeff Tan

Introduction

- 1** Recognize burnout before it's too late
In today's always-on world, burnout creeps in before we even realize it.

Build a Foundation for Sustainable Energy

- 2** Define your purpose to stay motivated
Grinding without a purpose leads to burnout.
- 3** Work at 70% to perform at 100%
Giving maximum effort all the time leads to exhaustion.

Drop the Perfection Trap

- 4** Stop chasing the impossible
No one has a perfect week every week—so why expect yourself to?
- 5** Fuel your mind like an endurance athlete
Just like ultrarunners need the right fuel, so do you.

Recover and Recharge with Intention

- 6** Recover like a pro to come back stronger
Pushing through exhaustion isn't a badge of honor—it's a fast track to burnout.

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Add variety to your routine

Repetition breeds burnout.

8

Find your people to stay energized

Burnout is easier to fight when you're not alone.

Conclusion

9

Stay ahead of burnout for good

Thanks for watching! Now that you have a toolkit to outrun burnout and put your well being first, it's time to put it into action.

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