



Healing

Spiritual Burnout

Address spiritual burnout through self-trust, alignment with values, and personal empowerment. This module focuses on reconnecting with values, making authentic choices, and managing spiritual energy.



Top 10 Teaching Points

1

The deepest sense of burnout we can experience comes when we feel disconnected from our values and our sense of purpose.

2

To get to the heart of what matters most, start paying attention to tasks, situations, and relationships that excite or fuel you, and then get curious about why that might be.

3

To make authentic choices, you must take stock of internal data supplied by your lived experience and your inner wisdom.

4

Self-trust is a continuous process of self-reflection, self-analysis, and self-correction that gives you the confidence to rely on yourself and your judgment.

5

When considering decisions, check in with your thoughts, emotions, desires, and personal values to see if they align with your choice.

6

If things don't turn out like you hoped, rely on your self-trust: you will do your best with what you know in the moment, make mistakes, and change course if necessary.

7

If we grow too attached to feeling in control, any uncertainty or involuntary change can create a feeling of uncomfortable vulnerability.

8

Positional Power might come from financial resources, a title, or decision-making control over an organization, and it can be lost or taken away at any time.

9

Personal Power is rooted in self-trust and generated by your level of clarity and conviction about your highest values and core beliefs.

10

When you are Powered by Me, your physical, mental, emotional, social, and spiritual energies are aligned as your internal power source.

KEY

TAKEAWAYS

01

Practicing Self-Trust

02

Aligning Decisions with Values

03

Identifying What Fuels You

04

Balancing Control and Vulnerability

05

Managing the Five Forms of Energy