

MISSION DAILY PRACTICE

12 PRACTICES TO OWN YOUR ENERGY AND BEAT BURNOUT FROM THE INSIDE OUT
A MIRROR FOR YOU, A WINDOW FOR YOUR TEAM



MISSION

1 NAME YOUR WHY Ch. 9, 13

Before work starts, say who you serve today and why it matters, by role or name. Say "I choose to," not "I have to."

2 ANSWER THE CALL Ch. 7

Every challenge asks: victim or hero? Choose the hero's story, stop refusing the call to adventure and take the first step past the status quo.

3 SET YOUR ROCKS Ch. 8

Choose the three outcomes that matter most before the sand and pebbles fill the day.



MINDSET

4 MANAGED BY WHOM? Ch. 2

When stress hits, split it into what you control and what you don't. Act on the first.

5 CHOOSE YOUR CRAYON Ch. 7

Response-agility: pause and pick your response instead of reacting from habit. If you vent: commiserate, capture the one thing you can do, move.

6 SKEPTIC OR CYNIC? Ch. 3, 12

Question ideas to improve them. When you push back, run a Dissonance Check: what if the opposite were true? Don't let doubt harden into contempt.



WHEEL

7 INVEST, DON'T SPEND Ch. 4, 8

Trade one distraction (scrolling, TV) for time that builds your future self.

8 TEND THE WEAK SPOKE Ch. 4, 8

Take one small step in your lowest Wheel of Life area or iceberg foundation, and log it on your 7-Day Foundations Tracker.

9 IS IT REALLY MINE? Ch. 8, 9

Check that today's goals come from your own values, not from pressure or guilt. Then fuel the body that chases them.



CONNECT

10 BE A CO-CREATOR, NOT A SHOPPER Ch. 5

Bring one possible solution with every problem you raise.

11 COACH WITH WISE LOVE Ch. 7, 10, 12

Care and expect a lot. Use the three-move questions, give an A and lift your Purpose Moai.

12 BUILD MOMENTUM Ch. 6

Note what gave you energy, what drained it and one small move to make tomorrow.

*Momentum is built moment by moment.
Burnout Isn't What You Believe.*

Kevin B. Dull · The Person-First Mission Method
Empowering Leaders. Transforming Cultures.