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Five Rules for "Outsmarting" Reality

Five ideas and how they connect to burnout, in Kevin B. Dull's words.

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1 Look past the surface

What looks solid and fixed is only one way to describe the world. There is always more going on beneath what we see.

KEVIN'S TAKE

I read this one as metaphor, not physics. The practical point: what we believe sets what we notice, and most of us run on beliefs we have never examined.

2 Your brain builds your experience

We never see the world raw. The brain assembles a simplified picture, shaped by memory and habit, and we treat that picture as the whole thing.

KEVIN'S TAKE

Burnout often starts with a belief like "if I rest, everything falls apart." That belief filters out rest, support and options. Name it, and the picture widens.

3 You are not your thoughts

Thoughts arrive on their own, including the anxious ones. You can observe them come and choose which ones to follow.

KEVIN'S TAKE

Awareness loosens a pattern's grip. In the Person-First Mission Method, the pause comes first: whose rule is this, and is it still true?

4 Your state colors what you see

Mood and expectation act like a lens. Change the lens and the same day looks different, and you act differently in it.

KEVIN'S TAKE

A depleted person reads everything as a threat. Response-agility is noticing that activation, pausing and choosing your crayon. Burnout isn't a mindset flaw, and workload and systems matter too.

5 "Decide, don't hope."

Hope waits for something to change. A clear decision closes off the alternatives and ends the inner conflict.

KEVIN'S TAKE

Mixed signals drain energy. One clear decision, like a boundary tied to your mission, frees it up. Hope without a next step is just waiting.

Burnout Isn't What You Believe:
The Person-First Mission Method

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Ideas from David Bayer's video "Everything you want comes when you outsmart the game of reality." Summary and commentary by Kevin B. Dull, Momentum People Solutions®. Not affiliated with or endorsed by David Bayer.

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