

When to Say Yes or No: Questions to Consider and Necessary Precautions to Avoid Burnout

1. What's my definition of success?
2. What drives me?
3. What are realistic expectations?
4. What is my capacity? (Be honest! You might want to ask those closest to you how they would answer this question.)
5. How do you best refuel?
6. When do you refuel?
7. Who are your sources of accountability? If you answer that you don't have any, that is the wrong answer. We all need it.