



The Career Burnout Breakthrough Checklist

*7 Signs It's Time to Pivot Your Career (and Listen to
Your Soul)*

Burnout isn't just about being tired — it's a message from your body, mind, and spirit that something needs to change. I know because I lived it. As a nurse and mom, I kept pushing until I couldn't anymore. When I finally stopped, I realized the burnout wasn't just exhaustion — it was misalignment.

This checklist is here to help you reflect honestly: are you in a temporary season of stress, or is your soul calling you toward something more?

The Checklist (7 Signs)

1. You wake up dreading work more days than not.
2. Your body is showing burnout symptoms
 - a. fatigue, brain fog, health flare-ups
3. You feel torn between your work and your family/personal life.
4. You're questioning your career identity — “Who am I if not this?”
5. You've lost the sense of purpose or spark you once had.
6. The thought of doing this work for 5 more years feels unbearable.
7. You feel called toward something else, but don't know what it is yet.

The Closing

If you checked 3 or more, it may be time to explore your next chapter.

The good news?

Burnout doesn't have to be the end — it can be the beginning of something more aligned.

I share tools, stories, and guidance for navigating career burnout, spiritual awakening, and building soul-aligned work.

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