

# BEAT BURNOUT


*The Seven  
Brightsiders  
Micro-Habits*

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**TIM CROWLEY, PhD**

*Live with Purpose. Lead with Heart.*

 [drtimcrowley.com](http://drtimcrowley.com)

 [tim@drtimcrowley.com](mailto:tim@drtimcrowley.com)



**HOW FULL  
IS YOUR CUP?**

**0 → 10**



# THREE DIMENSIONS

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## EXHAUSTION

You're running  
on empty.



## CYNICISM

You've lost sight of  
the why.



## INEFFICACY

You feel like  
nothing changes.

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**RECOGNIZE IT. NAME IT. CHANGE IT.**

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IT STARTS HERE:

# YOU CAN'T POUR FROM AN **EMPTY CUP.**

Self-care isn't selfish.  
It's sustainable.



You matter.  
Your well-being matters.

*Fill your cup. Then pour.*



# THE EMPTY CUP

## BURNOUT DOESN'T HAPPEN ALL AT ONCE.

It sneaks in through small, everyday habits that drain your energy, purpose, and joy.

### Left unchecked, it leads to:

- ✓ Chronic exhaustion
- ✓ Emotional distance
- ✓ Decreased impact
- ✓ A life that feels empty



YOU CAN'T POUR INTO OTHERS  
WHEN **YOUR CUP IS EMPTY.**



**10%**

**14 MINUTES**

**CAN CHANGE EVERYTHING**





# MORNING JUMPSTART



BE KIND  
BE YOU  
BELONG  
HERE  
♡

BE KIND  
BE CURIOUS  
BE YOU  
BE THE  
BRIGHTSIDE

You matter.  
Today matters.  
What you do  
matters. ♥

CLASSROOM  
NORMS

1. Be Respectful
2. Be Responsible
3. Be Prepared
4. Be Positive

# ONE WORD

Choose **one word** to guide your mindset, your decisions, and your impact today.

One word for  
today:

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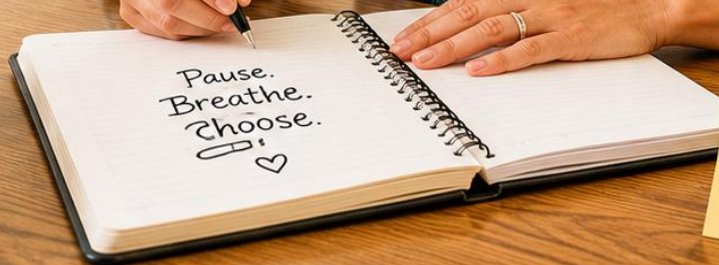
EDUCATORS  
CHANGE  
EVERYTHING





# CHOOSE YOUR RESPONSE

PAUSE.  
BREATHE.  
CHOOSE.



YOUR  
MENTAL  
MATTERS

BE KIND  
TO  
YOUR MIND

YOU  
BELONG  
HERE



YOU  
GOT  
THIS





# TAKE FIVE

ONE-MINUTE BREAKS  
THROUGHOUT YOUR DAY

✔ **STEP AWAY.**  
Give yourself a moment.  
*Be still.*

✔ **BREATHE DEEPLY.**  
Slow down and reset.  
*Let things settle.*

✔ **RETURN STRONGER.**  
You've got this.  
*Move forward with clarity. ❤️*



Be Kind 🍃  
Be You 🍊  
Be Brave 🍋





# CHOOSE CONNECTION



**PUT YOUR  
PHONE DOWN.**



**LOOK UP.**



**BE PRESENT.**





# PROTECT WHAT MATTERS.



## 1. SET BOUNDARIES.

Healthy boundaries build respect.



## 2. LEARN TO SAY NO.

Every yes is a no to something else.



## 3. GUARD YOUR TIME.

Your time is valuable.



## 4. RESPECT YOUR ENERGY.

You can't pour from an empty cup.



## 5. ASK FOR HELP.

You don't have to do it alone.



## 6. PROTECT YOUR RELATIONSHIPS.

Boundaries strengthen connections.



## 7. FOCUS ON WHAT MATTERS MOST.

Choose your priorities wisely.





# NIGHTLY RESET



## THREE GOOD THINGS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## WHAT MADE EACH ONE GOOD?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TOMORROW'S INTENTION

\_\_\_\_\_





# FILL YOUR CUP. THEN POUR.



*When you take care  
of yourself, you have  
more to give to others.*



# BE A GLIMMER HUNTER.

Notice the good.  
It changes everything. 



Look for the glimmers—  
the small moments of good  
in your day.



Train your mind to  
focus on what's right,  
not what's wrong.



A glimmer can shift your mood,  
your perspective, and  
your entire day.

## EVERYDAY GLIMMERS



The smell of coffee



A beautiful sunrise



A smile from a student



A green light  
when you're running late



A text from a friend



A phone call from  
someone you love

Choose to see the good. Every. Single. Day. 



# You don't need more time.

## *You need a better rhythm.*

7 habits. Less than 10 minutes a day. A life that feels like yours again.



**1 MORNING JUMPSTART** Set the tone. Start with intention.



**2 CHOOSE YOUR RESPONSE** You always have a choice.



**3 TAKE FIVE** Pause. Breathe. Reset.



**4 CHOOSE CONNECTION** People over problems.



**5 BE A GLIMMER HUNTER** Notice the good. It changes everything.



**6 PROTECT WHAT MATTERS MOST** Boundaries create balance.



**7 NIGHTLY RESET** Reflect. Release. Rest.

*You can't pour from an empty cup.*  
*Fill yours. Then pour.* 

You matter. Your well-being matters. The world needs you well.

*Small habits.*  
*Big impact.* 

When you care for yourself,  
you show up better for everything  
and everyone you love.



**CHOOSE YOUR ONE THING.**

Commit to all seven.  
Give it less than 10 minutes a day.

**Get your life back.**



# THANK YOU

- | You **Matter.**
- | Your Well-Being **Matters.**
- | The World Needs You **Well.**

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Live with **Purpose.** Lead with **Heart.**

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**Tim Crowley, PhD**

Speaker • Leadership & Culture Strategist • Author



**[drtimcrowley.com](https://drtimcrowley.com)**



**[tim@drtimcrowley.com](mailto:tim@drtimcrowley.com)**



**STAY CONNECTED**

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Leadership • Mindset  
Well-Being • Resilience