

the *smart* planner™

Lessons From Burnout

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Lessons From Burnout

1. Being a control freak will get you nowhere. Learn how to delegate or prepare to close up shop sooner than you wanted.
2. Being "too busy" is a myth. We make time for the things and people that are important to us.
3. You don't need to be available 24/7. There is no event emergency at 11 pm that can't wait until 8 am to be dealt with.
4. Your importance is not determined by the number of emails or phone calls you receive or send.
5. High quality and exceptionalism are important, but perfect does not and will never exist.

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6. You can't be all things to all people nor should you try to be a Jack or Jill of all trades. Prioritize and outsource.
7. Eating is important. Caffeine is not a substitute for food.
8. You are a multi-faceted person. Your job should not be your identity nor the sum of your existence.
9. If you set yourself up to be irreplaceable, you are not a good leader. Your company should be able to run on its own.
10. There is nothing new under the sun - don't reinvent the wheel. Automate where you can and learn from others' paths.

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11. Trials make you bitter or better. How you react is up to you and is often the result of habits you've cultivated.
12. People get super selfish when they are wrapped up in one focus for too long. If you are a workaholic, this means you.
13. Saying please and thank you goes a long way. Especially if you are the boss.
14. Your way is not the only way and probably not even the best way. Hire people smarter than you and don't micromanage.
15. Rules are meant to serve us, we are not meant to serve rules. Be flexible, but always ethical.

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16. Boundaries are essential to business and life. Be sure to read (or listen) to the book, Boundaries.
17. The language you use to describe your coworkers and/or employees is key. You don't own them. How do you refer to them?
18. The things you think YOU must do yourself can probably be done by someone else. Outsource and free your creativity.
19. Check your ego at the door and always retain the posture of a learner. You'll go a lot further and enjoy more success.
20. Never doubt your ability to justify. This is one of my life mantras and applies to everything.