

Three-Quarter Check-In and Sustainability

Mental Health Mastermind

Notes

Sustainability

As you near the end of this mastermind, check in on how your goals are going. If you're feeling burned out, this is a good time to assess the sustainability of your goals or your process for reaching them.

Sustainability refers to the ability of an action or process to be maintained at a certain rate or level. It also refers to the avoidance of depleting internal or external resources so that an action or process can be maintained.

Constructive vs. Productive

If the drive toward productivity drives you to burn-out, consider what it would mean to strive for constructive action. Have you seen yourself engage in actions that appear "productive" but are not constructive? Have you ever engaged in actions that appear "unproductive" yet are highly constructive?

How to Keep a Sustainable Pace:

- know what is most important to you
- know what you need for your own health and happiness
- recognize whether your actions are energizing or depleting
- know your personal burnout warning signs
- make sustainability and constructive action your priority over productivity
- one life, one calendar, one you

Work

In your experience, what are the keys to sustainability?

Is your progress toward your goals sustainable? If so, what's working? If not, what would improve the sustainability?

What productive actions have you taken that turned out not to be constructive?

What "unproductive" actions have you taken that turned out to be constructive?