

Burnout-Proof Writing Planner

| Evaluation Area | Questions to Ask | Notes |
|------------------------------|--|-------|
| Redefine Progress | What small wins can you count today (outlining, revising, brainstorming)? | |
| Detach Outcome from Identity | How will you remind yourself that rejection = not the right fit, not failure? | |
| Set Realistic Routines | What routine fits your actual life (consider time, energy, responsibilities)? | |
| Find the Right People | Who are the supportive peers or groups you can lean on this month? | |
| Protect Your Passion | What activities (movies, scripts, breaks) help you reconnect when writing feels heavy? | |
| Boundaries | What boundaries will you set to protect your time and energy this week? | |
| Energy Check-In | How are you feeling creatively right now? What do you need to recharge? | |