



From Burnout to Purpose: The OPEN Method Worksheet

Briefly describe the situation that is draining you: _____

<p>Observe: This situation has me ...</p> <p>thinking: _____</p> <p>_____</p> <p>_____</p> <p>feeling: _____</p> <p>_____</p> <p>_____</p> <p>urging to: _____</p> <p>_____</p> <p>_____</p>	<p>Pause: During the <i>Pause</i> step, I experienced ...</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>(Briefly describe what it was like for you to experience your thoughts, urges, and feelings.)</p>
<p>Engage: I decided I will <i>Engage</i> in the following 1 or 2 strategies to recover and restore:</p> <p>1. _____</p> <p>_____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>_____</p> <p>(Pick from your list of Twenty-five things or try any of the strategies offered in Chapters 9, 10 or 11 in <i>From Burnout to Purpose</i>.)</p>	<p>Nurture: After <i>Nurturing</i> myself, I now ...</p> <p>think: _____</p> <p>_____</p> <p>_____</p> <p>feel: _____</p> <p>_____</p> <p>_____</p> <p>have an urge to: _____</p> <p>_____</p> <p>_____</p>