



### Burnout effects

- Exhaustion
- Cynicism
- Ineffectiveness

Re-fuel?



### Refuel with better energy

- Four elements of energy
- Two modes of energy

THE HIGHER YOUR WALL,  
THE HIGHER YOUR ENERGY.

What's the point?

## INSPIRED CONFERENCE

# REFUEL TO RE-IGNITE

SO HOW MUCH REST IS "ADEQUATE"? SCIENCE SAYS: 42 PERCENT. THAT'S THE PERCENTAGE OF TIME YOUR BODY AND BRAIN NEED YOU TO SPEND RESTING. IT'S ABOUT TEN HOURS OUT OF EVERY TWENTY-FOUR. IT DOESN'T HAVE TO BE EVERY DAY; IT CAN AVERAGE OUT OVER A WEEK OR A MONTH OR MORE.

EMILY NAGOSKI



Re-fuel with better energy,  
vision, and identity  
to re-ignite your fire.



### Re-fuel with better vision

- Vision of God
- Vision of colleagues
- Vision of students
- Vision of future

THE BETTER OUR VISION,  
THE CLEARER OUR MISSION.

How do I prevent burn-out?



### Re-fuel with better identity

- Stolen identity
- Recovering identity

GET YOUR IDENTITY FROM  
CHRIST NOT CULTURE

Action?