

The Burnout Reset

— *30 Days*

A 30-day daily journal for recovering from burnout — ten minutes a day, no productivity hacks, no quitting your job required.

Quiet Compound

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THE FIRST EDITION

The Burnout Reset — 30 Days

A daily practice for the kind of tired sleep doesn't fix.

You've taken a long weekend. You've slept twelve hours. You're still tired. The kind of tired that doesn't budge when the weekend ends. The kind that makes you grumpy with people you love. The kind that makes you wonder, around Wednesday afternoon, who you actually are anymore.

This isn't another productivity book about energy management. It's the opposite. It's a thirty-day daily practice for noticing what is depleting you, naming it on paper, and starting to stop the leaks — one small action a day, on paper, in your own handwriting.

This is not for you if you're in clinical depression, or if you've reached a point of medical crisis. Burnout has overlap with depression but they aren't the same thing, and this book can't substitute for clinical support. If you're there, please see someone.

This is for you if you're functioning — barely — and you can feel yourself becoming someone you don't recognise at work. If a holiday didn't fix it. If you'd like to spend ten minutes a day for thirty days writing your way to a clear map of what's draining you.

By day 30 you'll have:

- A written record of every depletion — when, what triggered it, what you said yes to that you shouldn't have.
- A specific list of leaks you can plug without quitting your job.
- A daily ritual that holds the line when you start feeling marginally better and want to add everything back.

How to use this book

Read the next two chapters in one sitting. Together they take about fifteen minutes. They explain why a week off didn't work and lay out the daily ritual.

Then start. The book splits into four weekly chapters with daily prompts. Do them in order. Don't skip ahead.

Read the weekly review on days 7, 14, 21, and 28. The final chapter is the debrief — read it on day 30 with all thirty entries in front of you.

Ten minutes a day. Thirty days. One book.

1. Why a week off didn't work

You took the week off. Maybe two. You slept. You walked. You stayed off Slack. You came back Monday and within forty minutes you were back where you started.

Here is the reason: a week off addresses *fatigue*. Burnout isn't fatigue. Burnout is the result of consistently overdrawing from an account that doesn't refill as fast as you withdraw — across months or years. A week of rest is a single deposit against a structural deficit.

To put it another way: if your tap leaks all day, taking a bath doesn't fix the tap.

The standard burnout advice tells you to do four things. Take time off. Practice self-care. Set boundaries. Quit if you can. Each of those things is fine. None of them is the *input* that changes the structural deficit.

The thing that actually changes burnout is much smaller and much more boring.

It changes when you write down what depleted you yesterday, write down the specific commitment or behaviour that caused it, write down one small protective action you can take today, mark whether you did the action, and look at the pattern. That's it. That's what every system that works under a different name — therapy for burnout, executive coaching for high performers, recovery protocols in elite sport — has converged on.

This book is built around that loop. There's no chapter where we tell you to take a sabbatical. There's a daily, ten-minute act of writing that, over thirty days, gives you something a holiday never did: a written map of where your energy actually leaks.

What works, in one paragraph

You notice one specific moment of depletion from yesterday. You name the commitment or behaviour underneath it. You write the smallest protective action you can take today that doesn't add to the leak. At the end of the day, you mark whether you took the action. Repeat thirty times. Look at the pattern.

That's the whole technique.

Journal prompts

- 1. What's the kind of tired that doesn't go away with rest? Describe it in two sentences.*
- 2. What have you tried before that didn't work? What did it cost you to try it?*
- 3. What would change if, in thirty days, you had a written map of every leak — when it happened and what caused it?*

2. The 4-pillar daily ritual (10 min)

Here is the structure you'll repeat every day. It has four parts. Each takes between two and three minutes. The whole thing fits inside a normal morning.

You can do it on paper, in a notebook, anywhere blank. The medium doesn't matter. The four pillars do.

Pillar 1 — Notice (2 minutes)

Write down one specific moment from yesterday where you felt depleted. Three things:

- The moment (the meeting, the message, the task, the conversation).
- What you felt afterwards (drained / numb / wired / irritable / can't-focus).
- How long it took to recover, if you did.

It can be small. *"3pm meeting with R. Felt foggy and irritable for an hour after. Didn't fully recover today."*

The reason this comes first is that most days you've already been drained. You just didn't see the source cleanly. This pillar trains the seeing.

Pillar 2 — Name (3 minutes)

Write down the specific commitment or behaviour underneath the moment. One sentence. Your own words.

"I let R book back-to-back meetings without pushback."

"I said yes to the side project even though I knew I didn't have capacity."

"I answered the late-night Slack instead of saving it for morning."

You'll write these almost the same way thirty days in a row. That's the point. By day eight you'll see the same three or four commitments recurring. By day twenty you'll know your leaks by name.

Don't write a "more boundaried" version yet. Just name what actually happened.

Pillar 3 — Move (3 minutes)

Write down the smallest protective action you can take today that doesn't add to the leak. The bar is "smallest action," not "best action."

This isn't about overhauling your job. It's about taking one concrete step today that doesn't reinforce the depleting pattern.

If the leak was *"I said yes to back-to-back meetings,"* a small action might be: *block 11–11:30 in your calendar as "buffer" for the rest of the week.* Not "restructure your week." Just block one half hour.

If the leak was *"I answered late-night Slack,"* a small action might be: *put your phone in another room at 9pm tonight.* Not "delete the app." One night.

If you can't think of one, look at yesterday's entry. The next move is usually close to the last one.

Pillar 4 — Mark (2 minutes, evening)

At the end of the day, come back to the page. Mark whether you took the action. Yes or no. No explanation.

The mark is the most important pillar. Without it, the whole exercise is journaling. With it, the whole exercise is a feedback loop.

If you only do one thing

Do Pillar 4. Even if you skip Notice and Name and Move on a hard day, find a way to mark whether you took the small protective action. The mark is what makes this work.

Journal prompts

- 1. Test the ritual now. Take five minutes to write your first Notice, Name and Move.*
- 2. What time of day will you do the morning portion? Be specific.*
- 3. What time of day will you do the evening mark? What will remind you?*

This is where the preview ends.

You've just read the introduction and the first two chapters.

The full book is available at quietcompounds.com. One-time payment, lifetime updates, 7-day refund.

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This is where the preview ends.

The full book is €27. Lifetime updates · 7-day refund · One-time payment.
quietcompounds.com/products/manifestation-journal-30-day-reset