1. Which burn-out traps am I the best at avoiding?
   
   a. ______________________
      What has made this a strength of mine?
      ____________________________

   b. ______________________
      What has made this a strength of mine?
      ____________________________

   c. ______________________
      What has made this a strength of mine?
      ____________________________

2. Which burn-out traps am I most vulnerable to?

   a. ______________________
      What has happened to me that could explain this vulnerability?
      ____________________________
      What specific new behaviors can I adopt to make myself more resilient in this area?
      ____________________________
      ____________________________

   b. ______________________
      What has happened to me that could explain this vulnerability?
      ____________________________
      What specific new behaviors can I adopt to make myself more resilient in this area?
      ____________________________
      ____________________________

   c. ______________________
      What has happened to me that could explain this vulnerability?
      ____________________________
      What specific new behaviors can I adopt to make myself more resilient in this area?
      ____________________________
      ____________________________