



Episode 128: After Burnout: Planning a Working Life YOU Want

with Dr Katya Miles

Returning to work after a long break can be challenging and maybe even terrifying. However, you might find that your time away has given you a chance to reflect and re-set your life. Your return can also give you the opportunity to implement the changes you found you want and need to make. Don't let this opportunity go. Plan your intentions and stay on track with your ideal life and career.

Dr Katya Miles joins Rachel again in this episode of You Are Not a Frog to continue their discussion on returning to work. This time, you can learn about the opportunities that coming back to your working life can bring, reflect on the changes you need to make in your life and seize the opportunity to make them.

If you haven't yet, it's time to design your ideal life and adjust your career around it.

Podcast links

Find out more about the [Shapes Toolkit](#)

Join the [Resilient Team Academy](#)

[Email Rachel](#) or reach her on [LinkedIn](#) or [Twitter](#)

Sign up and get the free [THRIVE Weekly Planner](#)

[Wild Monday](#)

[Episode 123 with Georgina Scull](#)

[The Summer Day](#) by Mary Oliver

Guest links

Connect with Katya:

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Join Katya's Newsletter - [Thrive Well News](#) - a really useful email packed with tips for work, wellbeing and fun!

Register for the [Burnout Remedy Course](#) - 3-week online course to help if you are feeling overwhelmed or one crisis away from your tipping point.



Workbook, CPD & Reflection Log

Quote to remember:

'You should design the life you want and fit your job and your career around that. It doesn't mean not having a good career. Not at all. But what it does mean is being intentional about what you do.'

What You Will Learn

You can set your intentions and design your ideal life at any point throughout your life. However, your return to work presents a great opportunity to implement the lessons you've learned and the changes you want and need. Learn to plan out your weeks, keep track of your intentions and identify the changes you can make in the activity below.

For high-stress professionals, your working hours can make up most of your week. Your social, familial and personal responsibilities can quickly fill up the rest of your time as well. This leaves you with a full schedule with hardly any down time. Planning and comparing your usual working week and your ideal week can help you identify what exactly it is you want to do with your weekly schedules. Furthermore, contingency plans allow you to be prepared in case things don't go as planned. This way, you have the time and space to reflect and pursue the changes you want to make.

Even if you're not taking a break from work, you can still reflect on the questions in the activity below. Remember that you can start setting your intentions at any point in your life. Once you know the positive changes you want to make, keep yourself on track. As you experience different things in your life, what works, what you want and what you need can also change. By checking in on yourself, you'll be able to adjust to stay on the right path.



Activity: The Intention to Change

Comparing your actual working week and your ideal week can give you insights into your current schedule. To help in the long run, you can use the [THRIVE Weekly Planner](#) Rachel has created. In the meantime, plan out your week in the schedule below:

Usual Working Week						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Now think about what your ideal week would look like. Plan that week out as well.

Ideal Week						
Mon	Tues	Wed	Thurs	Fri	Sat	Sun

Compare your two plans. How far apart is your usual working week to your ideal week? What are the biggest differences you can act on?

Planning also includes planning for mishaps. Create a contingency plan for the next week as well. What are the possible hurdles that might mess with your plans? What can you do to minimise their impact?



Workbook, CPD & Reflection Log

Catch up with your team as well. Take time to drop by and ask how the team has been doing.

Colleague	What's going on for them at work?

You can also bring what you've learned during the changes in your life to work. What skills did you learn during your break? How can you apply these skills in your work?

Skills you've learned	How you can use them at work

You're not alone. Many others have experienced returning to work due to various reasons. Reach out to them and find groups who can support and relate to your situation.

- _____
- _____
- _____
- _____
- _____
- _____





Workbook, CPD & Reflection Log

Creating helpful habits is important to keep yourself on the track to positive change. Take some time in the morning to consider the day ahead.

Set your intentions for today and write them down.

Intentions for Today

Try to do this every day to make sure you're on track. You can also check-in with yourself regularly to align your everyday intentions and your long-term changes.

What big life changes have you recently had?





Compare your previous practices, actions and intentions before and after this change.

Before	After

Do your old actions and practices still work for you? Does it still align with your ideal design of your life?

If not, what new changes can you make to get back on track?

CPD time claimed:

For more episodes of *You are not a frog*, check out our website www.youarenotafrog.co.uk. Follow Rachel on Twitter @DrRachelMorris and find out more about the [Permission to Thrive](#) CPD membership for doctors and online and face-to-face courses on surviving and thriving at work at www.shapestoolkit.com.

