



# Special Interests for Burnout Prevention and Recovery

**Instructions:** Use this worksheet to explore how engaging in special interests can help prevent and recover from burnout.

## 1. Identify Your Special Interests

List three activities or topics you feel deeply engaged in or passionate about:

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## 2. How Often Do You Engage in Them?

- When was the last time you made time for a special interest?

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- How did it make you feel? (Refreshed, joyful, focused?)

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## 3. Barriers vs. Solutions Table

Barrier (What's stopping you?)	Solution (How can you work around it?)
"I feel guilty prioritizing hobbies."	Reframe as <b>self-care</b> → Your brain needs it!
"I don't have time."	Set a <b>10-minute timer</b> & start small.
"I get distracted easily."	Use <b>body doubling or timers</b> to stay engaged.

## 4. Reflection:

- Before engaging in your special interest, how do you feel?

- Your Response:

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- After engaging, what do you notice about your energy or mood?

- Your Response:

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\_\_\_\_\_  
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Keep in mind when talking about engaging in special interests hyperfocus can be a factor in burnout. Make sure to check out the hyperfocus and burnout section in the course.

