

Questions for Reflection

E16: Why Do We Glamorize Being Overworked?

#1: Do you feel overworked or over-scheduled? Why? Do you want that to change?

#2: Do you think you have to be overworked or over-scheduled in order to be successful in life?

#3: What does success look like to you? How does it feel?

#4: How do you balance your need for recognition and validation with your need for rest? Do you allow yourself to rest?

