



HEADSTRAIGHT – SEASON 2, EPISODE 7

Title: What to Do When You're Exhausted But Still Want to Try

Quick Reference Cheat Sheet

MAIN POINTS

- **Emotional burnout is real.** Constant inner work with no rest leads to depletion.
 - **Motivation isn't reliable—systems are.** Routine carries you when energy fails.
 - **Adaptation is strength.** Lowering the bar isn't failure—it's survival-mode self-care.
 - **Sustainability beats intensity.** Progress is about pace, not pressure.
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TOOLS & STRATEGIES

- **Bare Minimum Plan:** Shrink tasks to their simplest form and stick to that when running low.
 - **Energy Budgeting:** Track what drains and refills you—spend wisely.
 - **Tiny Wins:** Celebrate small actions to rebuild momentum.
 - **Nervous System Resets:** Use breath, movement, and nature to regulate before acting.
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REFLECTION QUESTIONS

- What part of your emotional world have you been carrying in silence?
 - What does your survival-mode version of progress look like?
 - Where are you emotionally overspending—and what can you cut back?
 - What tiny win can you track today?
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LIGHTBULB MOMENTS

- *“You’re not failing—you’re adapting.”*
- *“Real success isn’t intensity—it’s sustainability.”*
- *“You don’t need to be your best self to keep growing.”*