



ART OF COACHING PODCAST™ EPISODE 354:
AM I LAZY OR JUST MENTALLY DRAINED?

Do you often feel lazy or guilty for needing to disconnect after a packed workday or week? Reflect on where this feeling comes from and how it affects your ability to recharge.

List all your current responsibilities and obligations. Take a comprehensive account of everything you do—big or small. Which tasks or roles are fully yours, and do they align with your priorities and drives?

What do you truly need to feel fulfilled and whole? Think about the actions, routines, or moments that bring you joy and balance. How often do you make these a priority in your daily life?



What can you do to give yourself a mini retreat or implement transition rituals? Identify 2-3 small practices—like a quick walk, mindful breathing, or exercise, that could help you reset during the day and avoid the end-of-day exhaustion.

Structure your ideal week. Which days need to be highly productive, and which days can you reserve for unwinding and finding peace? How can you balance these to maintain energy and focus?

Does your sense of guilt or shame come from within? Reflect on the root cause of these feelings. How can you shift your self-image to interact with yourself in a healthier, more compassionate way?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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