

### 1 Establishing Non-Negotiable Boundaries to Prevent Burnout

- ✓ High-performance consulting will consume every waking hour if you permit it; maintaining sanity requires setting firm, non-negotiable personal boundaries.
- ✓ Designate sacred, untouchable blocks of time—such as Friday evenings or Sunday mornings—dedicated exclusively to family, fitness, and personal renewal.
- ✓ Communicating boundaries clearly to your engagement team establishes mutual respect and inspires colleagues to institute sustainable working norms.

### 2 Resisting Lifestyle Creep and Prioritizing High-Yield Rest

- ✓ Exhausted professionals often equate downtime with mindless entertainment, failing to engage in activities that genuinely restore cognitive and emotional energy.
- ✓ Engage in restorative hobbies outside of business—reading literature, endurance sports, creative arts—that replenish cognitive reserves and broaden your perspective.
- ✓ Resist the temptation to check work emails during protected rest periods; micro-interruptions keep your nervous system in a chronic state of low-grade alert.

### 3 Career Longevity: Treating Consulting as a Marathon, Not a Sprint

- ✓ Sprinting continuously through eighty-hour workweeks leads to cynical disengagement, health crises, and premature career departure.
- ✓ True professional mastery is built on sustainability: pacing your efforts, delegating effectively, and knowing when an analysis is 'good enough' to move forward.
- ✓ By pacing your cognitive energy and safeguarding personal life, you develop the emotional resilience required to lead organizations over decades.