

# Reclaiming Your Solid Ground

A Reflective Journaling Activity from [executivefunctiontoolkit.com](https://executivefunctiontoolkit.com)



Have you ever felt like you're climbing a never-ending ladder, striving to meet expectations that don't quite align with the core of who you are? If so, then perhaps you've also experienced the emotional toll of trying to fit into societal molds, often referred to as *burnout*.

## Instructions:

1. **Respond** to the following three questions
2. **Read** *The Scaffold*, and
3. **Reflect** on your experiences by journaling

- How does burnout show up in your life—what form does it take?

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- What in your life feels authentically you and how do you recognize the difference?

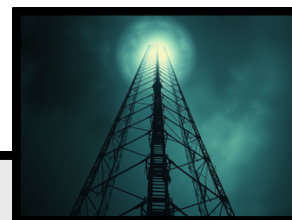
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- What do you think this burnout holds you back from achieving or working toward?

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## *The Scaffold*

*From birth, we're told that every person is unique—that each of us has a singular biological signature, our own fingerprints, interests, and personalities. Yet almost immediately, societal demands cast these ideals aside for a scaffold we're then told to climb.*

*We learn to perform—to meet expectations, to blend in, to ascend—but we never feel truly integrated. The harder we try, the lonelier we become. Echo by echo, we lose sight of ourselves as our energy wanes, until eventually, we burn out.*

*In the stillness of existential midnight, we ask: was it ever really us at all? Scouring a perfect void, we uncover nothing but the vastness of our own self-inflicted anger—and justify it (of course!) as rightful punishment for daring to want more in the first place.*

*But you were right to want more than the precarious scaffold you're clinging to. You asked because it was time to question an implacable pursuit of dead metal. Give yourself permission to halt the relentless climb. Defy the cosmos, and return to Earth by the light of your mind's waxing crescent.*

*Your feet just need to touch the solid ground—and that solid ground is you.*

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This exercise is designed to accompany The Scaffold and help you explore the liminal space of burnout, reconnect with your authentic self, and identify actionable steps toward grounding and renewal. For the full exercise, visit the [original post](#).

## Step 1: Define Your Scaffold

*Select one or both*

- What expectations—internal or external—do you feel compelled to meet?
- What are you climbing toward, and why?

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## Step 2: Map the Symptoms of Burnout

*Select one, two, or all*

- How does burnout feel in your body? (e.g., fatigue, tension, restlessness)
- What thoughts or emotions come up when you think about your current path? (e.g., frustration, hopelessness, numbness)
- What aspects of your life feel most impacted by burnout? (e.g., work, relationships, self-care)

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## Step 3: Reclaim Authenticity

*Select one, two, or all*

- What activities or relationships give you energy and feel aligned with your values?
- What parts of your life feel hollow or disconnected from who you are?
- How can you begin to shift your time and energy toward what feels authentically “you”?

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## Step 4: Find Your Solid Ground

*Select one, two, or all*

- What would “stopping the climb” look like in your life?
- What small, actionable steps can you take to reconnect with your sense of self? (e.g., setting boundaries, saying no, prioritizing rest)
- What can you do to nourish your mind, body, and spirit during this transition?

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