

## “The Burnout Club”—Membership Rules

1. Be inflexible—never change your mind about anything.
2. Be responsible for everyone’s feelings.
3. Never say “NO.”
4. Never take time off.
5. Live on fast food, and always eat at your desk or on the run.
6. Set impossibly high standards for yourself and everyone else.
7. Do it all yourself. Never delegate.
8. Be indispensable.
9. Work as many hours as possible.
10. Turn everything into a competition and always go for the win.
11. Never find the humor in any situation.
12. Always get involved in multiple projects.
13. Be overly critical of yourself and others.
14. Never ask for help.
15. Make your achievements more important than anything else.