

MoneyOnliners

MAKE MONEY ONLINE ACADEMY

Module 5 – Building Long-Term Financial Success

Lesson 32: Avoiding Burnout and Staying Consistent

Workbook ID: MMOA-M5-L32

Student Information

Student Name: _____

Email: _____

Date Started: _____

Date Completed: _____

Instructor: _____

Welcome

This lesson teaches you how to stay productive without burning out by building healthy habits, maintaining balance, and staying consistent over the long term.

Learning Objectives

- Understand burnout and its causes.
- Recognize early warning signs.
- Build healthy work habits.
- Create a sustainable routine.
- Prepare for Lesson 33.

Lesson Summary

Long-term success comes from consistent action, not constant work. Taking breaks, setting realistic goals, managing your time, and protecting your physical and mental well-being will help you grow your online income sustainably.

Knowledge Check

1. What are common signs of burnout?

2. Why is consistency more important than intensity?

3. What habit will help you stay productive?

Practical Exercise

- Plan a weekly schedule
- Take regular breaks
- Set realistic goals
- Exercise or stretch daily
- Review weekly progress

My Consistency Plan

Healthy habit I will build:

How I will avoid burnout:

Action Plan

- Complete Lesson 32
- Schedule focused work sessions
- Include breaks in my routine
- Review progress weekly
- Continue to Lesson 33

Reflection Journal

What usually affects your motivation?

How will you stay consistent over the next 90 days?

Homework

- Create a weekly work schedule.
- Identify one habit to improve.
- Prepare for Lesson 33.

Progress Tracker

- Lessons 1–32 Completed

Academy Progress: 32 / 40 Lessons

Next Lesson

Lesson 33: Turning Online Income into a System

Certificate

This certifies that

has successfully completed Lesson 32: Avoiding Burnout and Staying Consistent.

Date: _____