



SIMPLE LITTLE SHIFTS™

Small choices that build energy, strengthen connection, and sustain happiness.

Because Happy People
Make Good Things Happen.



By Kim Hodous



BURNED OUT ON BURNOUT?

Not long ago, an executive director reached out to me about speaking at their conference. She said, “Physician well-being and burnout are hot topics right now... but our doctors are already tired of being told they need to do yoga and practice meditation. Ironically, they’re burned out on the topic.”

Burned out on burnout.
And honestly? I get it.

When you’re already stretched thin, the last thing you need is another “should.” Another system. Another life overhaul.

You don’t need more.

You need simple little shifts.

Small, intentional choices that work inside real life – not outside of it.

Happiness isn’t built in grand reinventions.

It’s built in small choices you repeat.

Shift Your Energy:

You don’t find energy. You generate it.

- Be where your feet are. Be all in.
- Look for what’s good.
- Focus on what matters.

Shift Your Habits:

Small choices sustain your happiness

- Fuel yourself with gratitude.
- Start before you feel ready
- Celebrate progress, not perfection.

Shift Your Connection:

Small moments strengthen relationships

- Lighten up.
- Celebrate effort out loud.
- Ask one deeper question.

START WITH ONE SHIFT



You don't need all nine. You need one.

Choose the shift that feels most important right now:

Energy

- Be all in.
- Look for what's good.
- Focus on what matters.

Habits

- Fuel yourself with gratitude.
- Start before you feel ready
- Celebrate progress, not perfection.

Connection

- Lighten up.
- Celebrate effort out loud.
- Ask one deeper question.

My Simple Little Shift™ This Week:

Which Simple Little Shift from above will you practice this week?

What action will you take to implement it?

When will you practice it?



How will you know it's working?

Who else might benefit from this shift?

NOTES:



These Simple Little Shifts™ are part of Kim Hodous' keynote framework — helping organizations build stronger energy, deeper connection, and sustainable happiness long after the applause ends.

Bring this experience to your event.

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