



by Bob Shelton

I failed ... my family, my unit, and my leaders.

As a teenager, I had a t-shirt that said "Eat, sleep, and go like hell." I put a lot of stock in the latter part of that slogan...I believed it. Twenty-two years of military experience reinforced that I could not only sustain, but push the pace. Regardless, the new job demanded that I do more. Then, less than six months into a command tour, I hit the wall.

Welcome to burnout.

Share this:

- [Email](#)
- [Tweet](#)
- 

- [Print](#)
- [WhatsApp](#)