



SELF-MONITORING FOR BURNOUT

RATE EACH QUESTION BELOW:

1 = not at all 2 = rarely 3 = sometimes 4 = often 5 = very often

- _____ 1. Do you feel run down and drained of physical or emotional energy?
- _____ 2. Do you find that you are prone to negative thinking about work?
- _____ 3. Do you find that you are harder and less sympathetic with your coworkers or clients than perhaps they deserve?
- _____ 4. Do you find yourself getting easily irritated by "small" problems, or by your peers, coworkers, or clients?
- _____ 5. Do you feel misunderstood or unappreciated by coworkers or clients?
- _____ 6. Do you feel that you have no one to talk to?
- _____ 7. Do you feel that you are achieving less than you should?
- _____ 8. Do you feel under an unpleasant level of pressure to succeed?
- _____ 9. Do you feel that you are not getting what you want out of your job?
- _____ 10. Do you feel that you are in the wrong place or the wrong profession?
- _____ 11. Are you becoming frustrated with parts of your job?
- _____ 12. Do you feel that there is more work to do than you reasonably have the ability to do?
- _____ 13. Do you feel that organizational politics or bureaucracy frustrates your ability to do a good job?
- _____ 14. Do you feel that you do not have time to do many of the things that are important to doing a good quality job?
- _____ 15. Do you find that you do not have time to plan as much as you would like to?

_____ **TOTAL**

SCORING

- 15-18 No sign of burnout here!
- 19-32 Slight burnout here unless some factors are particularly severe.
- 33-49 Warning! You may be at risk of burnout, particularly if several scores are high
- 50-59 Danger! You are at severe risk of burnout – do some thing about this urgently
- 60-69 Take Action! You are at very severe risk of burnout – do something about this urgently.

If you scored a 35 or above, I suggest you consider securing some tools to assist with your burnout. Sometime simple lifestyle changes can help with burnout. If your case is severe, it may be time to consider whether it is time for a job change.

Coaching can help you determine your next steps to a more healthy, abundant life.