

Your Burnout Checklist

Constantly giving of oneself without adequate replenishment may result in stress. Ask yourself:

Do I no longer have the initial enthusiasm
that brought me here in the first place?

Is the paycheck the only reward now?

Do I feel angry if I am asked to do any
task?

Do I find myself delaying making daily
activity plans?

Does my family not enjoy my presence
anymore?

Do I daydream of a different job?

Do I feel a sense of despair when I think
about the future?

Do I dread going to work in the morning?

Game Plan

Individuals in control of their lives have a deliberate game plan. Beneath each of the items below, identify your confidence in your abilities, what might be encumbering your improvement in these areas. Individuals with a game plan are:

Well informed.

Sensitive to their stress levels.

Realistic in assessing their skills and resources.

Adding diversity and interest to their lives and put their jobs in perspective.

Able to organize their time and space effectively and evaluate progress towards goals.

Are active in molding their environment to meet their needs.

The Cure For Burnout: Refueling Your Tank

What percentage of the time do you get an adequate amount of each of these?

	☐	0%	☐	10%	☐	20%	☐	30%	☐	40%	☐	50%	☐	60%	☐	70%	☐	80%	☐	90%	☐	100%
1. ☐ Proper rest																						
2. ☐ Good nutrition																						
3. ☐ Daily <i>nonstressed</i> exercise																						
4. ☐ Time alone																						
5. ☐ Time to read and learn																						
6. ☐ Spiritual growth																						
7. ☐ Intimacy and love																						
8. ☐ Fun, joy and play																						
9. ☐ Quality time with family and friends																						
10. ☐ New interests or hobbies																						
11. ☐ Regular and frequent vacations																						
12. ☐ Sense of purpose																						

Choose one area that is low and creatively brainstorm some ways to increase the time devoted to this area by 10 percent over the next month. The purpose in setting a modest goal is to be sure it is attainable. Set yourself up to win.

Let both your intuition and your logic tell you which is most important to improve. Frequently, a small improvement in one critical area can make a big difference toward moving you back to a balanced life.

Be Specific. In the space below write down up to three specific steps that you can take to affect one of the items above.
