
Burnout Signals Self-Assessment

This brief self-assessment is designed to help you identify early burnout signals. It is not a diagnosis. It is a moment of awareness.

Answer honestly based on how you have felt over the past 30 days.

1. I wake up feeling tired even after a full night of sleep.
2. I feel mentally overloaded even when I am not actively working.
3. I feel more irritable or emotionally reactive than usual.
4. I feel detached or disconnected from my work or daily responsibilities.
5. I struggle to fully rest without feeling guilty or anxious.
6. I feel pressure to push through exhaustion rather than pause.
7. I notice physical tension, headaches, or lingering body fatigue.
8. I feel a sense of fear or unease about slowing down or setting boundaries.

Reflection

Which area feels most depleted right now?

Energy

Sleep

Emotional capacity

Focus

Motivation

If you answered yes to two or more questions, your body may already be signaling burnout.

Burnout is not a weakness. It is information.

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