

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?
