



BURNOUT QUIZ... DO YOU...



- FEEL LONELY OR ISOLATED?
- HAVE SELF DOUBT?
- FEEL TIRED OR FATIGUED?
- GET EASILY IRRITATED?
- LACK TIME TO EXERCISE?
- HAVE LOW SELF ESTEEM?
- LACK A REGULAR ROUTINE?
- LACK HELP WITH CHORES?

- ACT AS A CAREGIVER?
- HAVE TO MULTITASK REGULARLY?
- MISS YOUR HOBBIES & PASSIONS?
- FEEL OVERWHELMED?
- DISLIKE YOUR JOB?
- FEEL YOUR DIET COULD BE BETTER?
- LACK SELF CARE?
- FEEL SOMETHING IS MISSING?



BURNOUT QUIZ TOTAL



1-4

Nowhere Near Burnout - You Go Girl! Looks like you are living your best life and you should be proud because it is so hard to balance it all. You are probably organized, find time for gratitude, hobbies, relationships and invest in your health. Make sure you keep it up, because life gets hectic and you don't want to fall into any other category on this page!

5-8

On Your Way to Burnout - Not bad, not bad! Ok, so maybe you excel in most areas of health & wellness. But perhaps there are some things you struggle with. Time management? Getting enough sleep? Check in with the eight areas in bold below to assess how well you are doing in each. Try to make some improvements in the areas where you struggle so you don't end up in the categories below.

9-12

Almost Burned Out - Lady, it's time for some serious self-assessment. You probably notice there is room for improvement in several of the eight areas in bold below. We need to figure out how to make small changes in every area to bring more peace, joy, energy, happiness and health into your life. Act now, so that you don't slip into full burnout.

13-16

Already Burned Out - Please pump the brakes! Making time to find balance in your life is essential to your future health & wellbeing. It may take time and effort, but, it is absolutely doable. The best thing to do now is to learn the basics of **Diet, Exercise, Sleep Hygiene, Stress Management, Self Care, Social Relationships, Sexuality, Spiritual Health** so you can make meaningful change, reverse burnout and get the most out of life!