

Burnout vs. Tired Test

FIELD TOOL

The Burnout vs. Tired Test. Take it on a Friday afternoon, then again on Monday morning after the weekend. Be honest. Nobody else needs to see your answers.

Circle your answer on Friday, then again on Monday

The rest check

After a full weekend or a day off, did I feel noticeably better?

Fri: Yes No Mon: Yes No

Do I dread work on my days off, not just on workdays?

Fri: Yes No Mon: Yes No

Has a vacation stopped helping, or worn off within a day or two?

Fri: Yes No Mon: Yes No

The three signs

Exhausted: I feel drained most days, even when I sleep.

Fri: Yes No Mon: Yes No

Distant: I feel cynical, numb, or detached from clients or coworkers I used to enjoy.

Fri: Yes No Mon: Yes No

Ineffective: I feel like I am not good at this anymore.

Fri: Yes No Mon: Yes No

How many of the three signs did I circle Yes?

Fri: ____ of 3 Mon: ____ of 3

What my answers mean

- Mostly better after rest, and none or one of the three signs: likely tired. Protect your rest and watch for patterns.
- Little change after rest, and two or three signs: likely burned out. Talk to someone this week and start Chapter 9.
- Feeling hopeless or unsafe: talk with someone today. Chapter 7 has the resources.

What I am noticing, and the one thing I will do this week:
