

## — A BURNOUT SELF-ASSESSMENT —

### **Ten Indicators Worthy of Your Attention**

Please consider each statement below and indicate “YES” OR “NO” as it applies to your life right now. Do this as quickly as possible.

Yes   No

- |                          |                          |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Do you feel trapped by your life choices?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Has there been a significant drop in your motivation?   |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Are you feeling on edge lately, closer to anger or tears?                                       |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Have you noticed a growing sense of fatigue, depression, or overwhelm?                          |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you look around your life and wonder where all the joy went?                                 |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Are you becoming socially withdrawn?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you find yourself hoping for cancellations on your daily schedule of appointments or events? |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Is your income being affected by your mood swings?  |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Are you having trouble staying focused and following through on things?                         |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Have other people begun to share their concern about your behavior?                            |

Give yourself 10 points for every “YES” answer.  
Make a note of your score and see the following evaluation.

### **Evaluating Your Score**

- 0 to 30    It is time to step back and take a closer look at your life.  
A “YES” to any one of these statements is a red flag.
- 30 to 60    A score in this range can indicate a real problem.  
It is time to take specific action for your well-being.
- 60 to 100    You have very likely been in serious burnout for some time.  
PLEASE READ FURTHER.

Burnout is nothing to ignore! It will not go away simply because you choose to look the other way and continue doing the business of your life as usual.

Burnout *kills*. It kills motivation, creativity, enthusiasm, passion and joy. It can seriously affect your income, your health, and your relationships with others. It can alter your life forever.

This last statement isn't necessarily a negative one. It may well be past time for you to take an honest look at what is no longer working in your life and make some new choices.

**It is time to stop tolerating the intolerable and move in a new direction.**

You deserve happiness. You deserve a life that excites you, that energizes you, that is prosperous and meaningful every day. Your life is too important - YOU ARE TOO IMPORTANT - to ignore this any longer.

The happy news is that burnout can be reversed! Life Design Coaching can be the ideal way for you to explore and achieve the level of wealth, success, and happiness you really desire.

If you are ready to take the next step, you are invited to explore the coaching options available at [www.RichesWithin.com](http://www.RichesWithin.com) today.