

# TRUE STAR LEADERSHIP™

## LEVEL OF BURNOUT ASSESSMENT

Burnout:

The World Health Organization has acknowledged that burnout is chronic workplace stress that hasn't been well managed, characterized by feelings of physical, mental, and emotional exhaustion, decreased connection from one's job, and reduced professional effectiveness. Does this sound like you?

Take our quick quiz to see if you have the symptoms of burnout.

	<b>Possible Symptoms of Burnout</b>	<b>Rate on a scale of 1 to 5</b>
1	I feel tired and drained most of the time.	
2	I have frequent headaches and muscle aches.	
3	I have frequent colds or illnesses.	
4	I have a change in eating habits.	
5	I have a change in my sleeping patterns.	
6	I have a higher level of physical complaints.	
7	I feel like I am feeling more often.	
8	I have a higher level of self-doubt.	
9	I feel trapped in my job.	
10	My worldview has gotten more cynical.	
11	I don't feel valued at work.	
12	I feel disconnected.	
13	I don't feel as if I am making progress.	
14	I am unable to focus for long periods.	
15	I use drugs, drinks, or food to cope.	
16	I take my frustrations out on others.	
17	I procrastinate more.	
18	I don't sleep well.	
19	I skip working more.	
20	I have a hard time getting going in the morning.	
	<b>Total</b>	
	<b>Possible Score 20 to 100</b>	
	<b>The higher, the greater chance of burnout</b>	

How did you do? The lower the score, the better. If you have a score between 50 and 70, you have the potential to become burned out soon. If you have a score over 70, you have a high potential to become burned out.

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Click Here to Learn more on how to deal with burnout.