



THE
WELLNESS
SCHOLAR
learn. grow. flourish.

BURNOUT Assessment



Burnout can sneak up on us when we are constantly pushing, giving, and doing.
This assessment will help you reflect on your current level of burnout so you can recognize the signs,
prioritize your well-being, and take steps toward recovery and balance.



PART 1: SELF-ASSESSMENT

Read each statement and rate how often you have felt this way in the past 2 weeks.

0 = Never 1 = Rarely 2 = Sometimes 3 = Often 4 = Always

Statement	0 Never	1 Rarely	2 Sometimes	3 Often	4 Always
1. I feel emotionally drained at the end of the day.					
2. I feel mentally exhausted most of the time.					
3. I feel unmotivated or uninterested in things I used to enjoy.					
4. I feel overwhelmed by my responsibilities.					
5. I have a hard time concentrating.					
6. I feel cynical or negative about my work or studies.					
7. I feel like I'm not accomplishing anything meaningful.					
8. I neglect my own needs because I'm "too busy."					
9. I feel physically tired most days.					
10. I feel like I have nothing left to give.					

PART 2: REFLECTION QUESTIONS



What areas of your life are causing the most stress right now?



When do you feel most drained or overwhelmed?



What is currently out of balance in your life?



What do you need more of? (rest, support, time, connection, etc.)

PART 3: SIGNS TO WATCH FOR

Check any signs you've noticed in yourself recently.

- | | |
|---|--|
| ☐ Headaches | ☐ Irritability or anger |
| ☐ Muscle tension | ☐ Sadness or numbness |
| ☐ Changes in sleep | ☐ Withdrawing from others |
| ☐ Stomach issues | ☐ Lack of motivation |
| ☐ Frequent colds/illness | ☐ Feeling stuck |
| ☐ Appetite changes | ☐ Hopelessness |



Burnout is not a sign of weakness.

It is a sign that you've been strong for too long without enough rest and support.



PART 4: YOUR SCORE

Add up your scores from Part 1.

- 0 - 13** You're doing well! Keep up the healthy habits.
- 14 - 23** You may be experiencing mild stress. Small changes can help prevent burnout.
- 24 - 33** You're at moderate risk for burnout. It's time to prioritize self-care and set boundaries.
- 34 - 40** You may be experiencing high levels of burnout. Please take this seriously and seek support.

Your Score: _____

PART 5: MY ACTION PLAN

Choose 1-3 steps you can take in the next week to support your well-being.

- | | | |
|---|-------|-------------|
| 1 | _____ | When? _____ |
| 2 | _____ | When? _____ |
| 3 | _____ | When? _____ |



Start small. Be consistent. You are worth the care.



DAILY AFFIRMATION

I am allowed to rest.
I choose balance over burnout.



NOTES



REMEMBER

You can't pour from an empty cup. Take care of yourself so you can continue to show up for what matters most.

