



Burnout Assessment

Do you feel you have lost those moments of joy in your life due to the overbearing demands of work or life?

Feel as though you're approaching burnout if you continue on with the life you currently lead?

If you are ready to reclaim your life and not look back, then my 6-month or 9-month **VIP coaching package** is for you!

Take a look over the questions below, if you answer "yes" to more than three questions, then I would love to help you move out of chaos and into the life you want to live (into the life that is truly fulfilling for you).

1. Do you think that becoming more efficient will be the solution to your problems?
2. Is it important to be in charge?
3. Do you believe you never get enough accomplished?
4. Do you see life as a struggle?
5. Do you feel like you are the one doing all the work?
6. Do you compare your performance to others?
7. Are you always more capable than the people in your life?
8. Are you too busy to take the time to recharge?
9. Do you have more to do than you have time?
10. Do you find yourself having to cancel on your friends a lot?
11. Do you put tasks ahead of taking some downtime for yourself?
12. Do you find yourself having to take charge of just about everything?
13. Do you find it difficult to receive compliments?



14. Do you find it hard to ask for help?
15. Do you often fight to be "right"?
16. Do you have enough time for your family?
17. Are you often let down by others?
18. Do you find it hard to accept and appreciate the help of others?
19. Do you often feel overwhelmed?
20. Are you working too hard?
21. Do you want others to be on your agenda?
22. Is there always too much to do in a day?
23. Do you put success above relationships?
24. Has your "to do" list become more important than spending quality time with people?
25. Do you feel like you are in overdrive most of the time?

Bonus Question: Do you often feel like you have to prove your own worth?

Congratulations on taking your first step towards transforming your life into actions that really matter and make a difference to you!