

Burnout Temperature Check

Part 1: Choose Your Temperature (0–10)

0–2 Nourished | 3–5 Managing | 6–8 Smoldering | 9–10 Burning Out

My number: _____

Part 2: Four Indicators of Burnout

1. Emotional Indicators (check all that apply)

Irritable | Numb | Overwhelmed | Resentful | Low joy | None

What emotion has been showing up most?

2. Physical Indicators

Fatigue | Tension | Headaches | Sleep issues | None

Where in your body do you feel stress?

3. Work/Leadership Indicators

Hard to focus | Feeling behind | Overcommitting | Avoiding tasks | None

What part of your work feels heavy?

4. Spiritual/Energetic Indicators

Heavy energy | Taking on others' emotions | Disconnected | Need a reset | None

What does your spirit need?

Part 3: Burnout Direction Check

Moving toward burnout | Holding steady | Moving away from burnout

Why?

Part 4: One Small Act of Care (next 24 hours)
