

The Two-Minute Burnout Checkup

Rate your level of stress from 0 to 10, on all six factors of burnout, with 0 equaling negligible stress and 10 equaling extreme stress. add the numbers to get your general burnout score out of 60, and pay attention to specific burnout factors that score particularly high.

Burnout Factors

WORKLOAD: Sustainability of the amount of work on your plate.

VALUES: Whether you connect with your work on a deeper level.

REWARD: Both financial rewards (salary, bonuses, stock options, etc.) and social rewards (whether you're recognised for your contributions)

CONTROL: The autonomy you have over when, where, and how you do your work.

FAIRNESS: The feeling that you're treated equitably at work relative to your colleagues.

COMMUNITY: Professional Relationships that boost engagement

LEVEL OF
STRESS
(0-10)

TOTAL:
_ / 60