



# The Burnout Barometer

## ***How Close Are You to the Edge?***

Use this tool to check in on your energy, presence, and patterns before burnout takes over.

Because **real leadership requires rhythm, rest, and recovery.**

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## **PART 1: Burnout Check**

**Check any statements that feel true for you right now:**

- I'm exhausted at home, but wired at work
- I can't switch off work thoughts at night
- I feel disconnected even when I'm with my family
- I run on caffeine, adrenaline, or quick fixes to get through the day
- I can't remember the last time I felt like myself

## **PART 2: Energy Audit**

**What areas of my life am I overspending in?** (Choose any that apply)

- My physical health
- My emotional resilience
- My key relationships
- My sense of purpose or fulfillment

## PART 3: Redefining Performance

Complete the sentence below:

*Success, for me, means...*

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## PART 4: 30-Day Recovery Plan

*Recovery is a leadership priority, not a sign of weakness. Set a starting point:*

- **I will rest by:** \_\_\_\_\_
- **I will recharge with:** \_\_\_\_\_
- **I will reconnect in this relationship:** \_\_\_\_\_

**Final Affirmation:**

*"I am more than my output. My leadership requires rest. Taking care of a team starts with taking care of me first."*

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