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Burnout Self-Assessment Quiz

Discover how close you are to burnout and what steps you can take to restore balance.

Many people don't know they're burned out or feel shame around it.

Burnout isn't failure or weakness.

It's a natural response to long-term, unmanaged stress.

It can show up as:

- Constant fatigue (even after rest)
- Irritability or numbness
- Loss of motivation and joy
- Trouble concentrating or sleeping
- Feeling 'detached' or 'checked out'

This cheat sheet will help you identify your burnout level and guide you toward healing, one step at a time.

SECTION 1: Emotional & Mental Exhaustion

S.No.	Statements	Yes/No
1.	I wake up feeling tired, even after a full night's sleep	
2.	I feel emotionally drained by midday (even if I haven't done much)	
3.	Small tasks feel overwhelming	
4.	I've lost my usual sense of motivation	
5.	I find myself zoning out or feeling disconnected during work	

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SECTION 2: Detachment & Cynicism

S.No.	Statements	Yes/No
6.	I feel numb or indifferent toward work I once cared about	
7.	I avoid emails/messages because I can't deal with one more thing. (e.g., leaving them unread for days)	
8.	I catch myself being more irritable or snappy than usual	
9.	I fantasize about quitting or disappearing from responsibilities	
10.	I feel like I'm just going through the motions	

SECTION 3: Reduced Sense of Accomplishment

S.No.	Statements	Yes/No
11.	I doubt the value of what I do	
12.	I feel like I'm not doing enough, no matter how hard I try	
13.	I can't remember the last time I felt proud of my work	
14.	I find it hard to focus or finish tasks	
15.	I feel stuck, with no clear way forward	

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YOUR SCORE & REFLECTION:

Count how many you checked:

● Low Burnout (0–4)

You're doing pretty well, but watch your signs.

✓ **Micro-step:** Take 10 minutes daily to just be still. No phone. No pressure. OR

Low Burnout: Commit to one 'micro-joy' daily (e.g., a walk, a favorite song).

● Moderate Burnout (5–9)

You're on the edge. Time to recalibrate.

✓ **Micro-step:** Add a daily boundary — say no to one energy-drainer this week. OR

Block one hour/week for 'untouchable' rest (no chores or screens).

● High Burnout (10+)

You're likely in burnout. Deep rest and repair needed.

✓ **Micro-step:** Ask for help. Even sending one message to someone you trust is progress. OR

Choose one area from your daily tasks to offload.

What You Can Do Next:

→ Don't ignore the signs. Burnout doesn't mean weakness—it means your system is overloaded.

→ Start small: try a 5-minute break, a boundary, or a support conversation.

→ Want help building your burnout recovery plan?

You don't have to do burnout recovery alone.

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