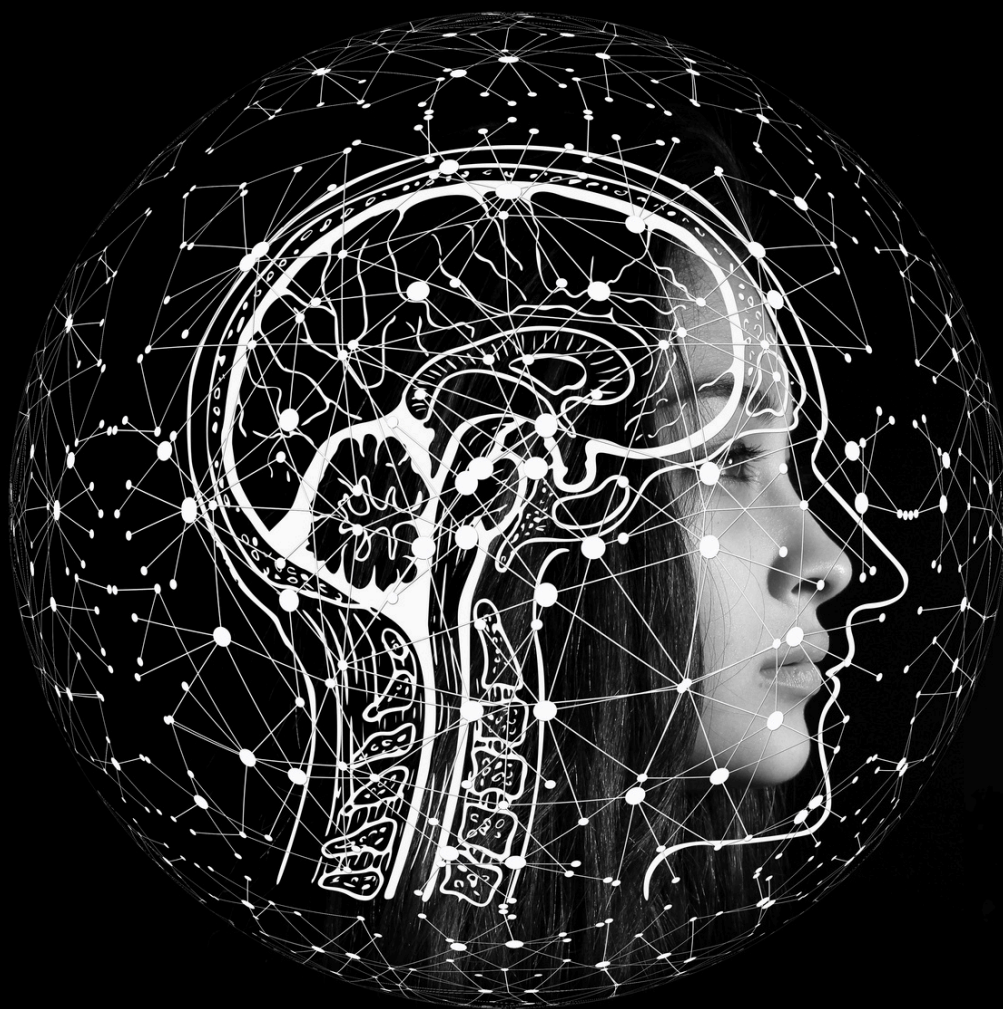


The Deluxe Burnout Recovery

Experience.



Self-Assessment Tool.

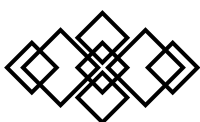
CATHY DOMONEY



Introduction to Your Self-Assessment:

As a driven professional, it's easy to push through stress and exhaustion without realizing the toll it's taking on your well-being. If you're here, it may be because you've started noticing signs of burnout or psychological stress creeping in—and that can feel unsettling.

First, take a deep breath. Recognizing that something feels off is a powerful first step toward taking control of your health and performance. Burnout and stress are not signs of failure or weakness—they're signals that it's time to pause, reflect, and make adjustments to support your long-term success.



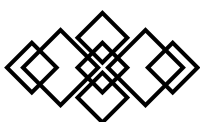


This self-assessment is designed to help you gently explore where you are right now. There are no right or wrong answers—only insights that can help guide you toward the support or strategies you may need.

Think of this as an opportunity to check in with yourself, with the aim of restoring balance, clarity, and energy in your life.

Remember, you're not alone in feeling this way. Many successful professionals experience burnout at some point in their journey.

With the right awareness and tools, you can overcome this and emerge even stronger.



←————— The Wheel of Life —————→

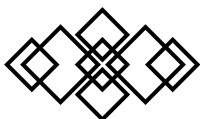
Completing a Wheel of Life exercise holds significant value in fostering self-awareness and promoting holistic well-being.

By visually representing various life domains and assessing current levels of satisfaction, individuals gain a comprehensive overview of their lives.

This introspective process allows for the identification of areas that require attention and improvement, enabling individuals to set specific goals and action plans to enhance their overall quality of life.

Regularly revisiting the Wheel of Life serves as a powerful tool for tracking progress, fostering accountability, and ensuring alignment with personal values and aspirations.

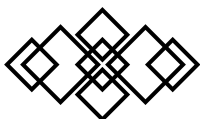
Ultimately, the Wheel of Life exercise empowers individuals to cultivate balance, prioritize self-care, and make intentional choices that contribute to a more fulfilling and purposeful life journey.



The Wheel of Life

When completing the Wheel of Life exercise, follow these steps:

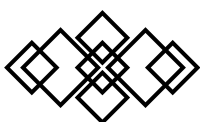
- Draw the Wheel: Draw a large circle on a piece of paper and divide it into sections like a pie, representing different areas of your life that are important to you. Common categories include career, health, relationships, personal growth, finance, family, leisure, and spirituality.
- Rate Each Area: Assign a rating from 1 to 10 for each life domain, with 1 being unsatisfactory and 10 being excellent. Mark your current level of satisfaction in each area by drawing a line along the edge of the corresponding section.
- Reflect on Your Wheel: Look at the completed Wheel of Life to observe patterns and discrepancies. Which areas are thriving, and which ones need more attention? Reflect on why you rated each category the way you did.
- Set Goals: Identify a few key areas where you would like to see improvement. Set specific, measurable goals for each domain to work towards balancing your wheel.



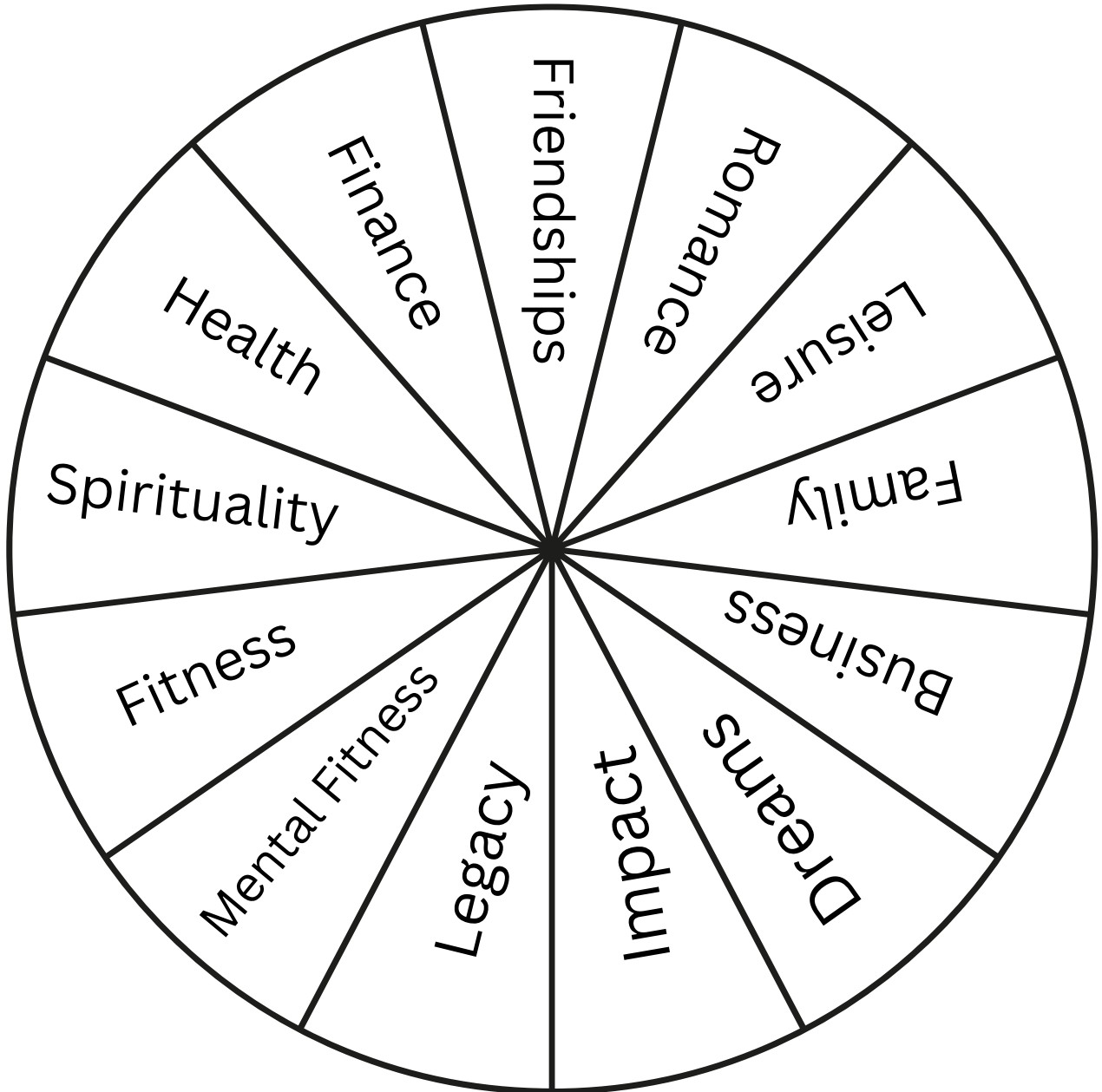
The Wheel of Life

- Take Action: Develop an action plan for each area that needs improvement. Outline steps you can take to enhance your satisfaction in these domains and make progress towards your goals.
- Regularly Review: Revisit your Wheel of Life periodically to track your progress and make adjustments as needed. Celebrate successes and adjust goals based on changing priorities or circumstances.

By following these steps, the Wheel of Life exercise can provide valuable insights into your overall life balance and empower you to make meaningful changes to enhance your well-being and fulfillment.



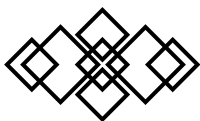
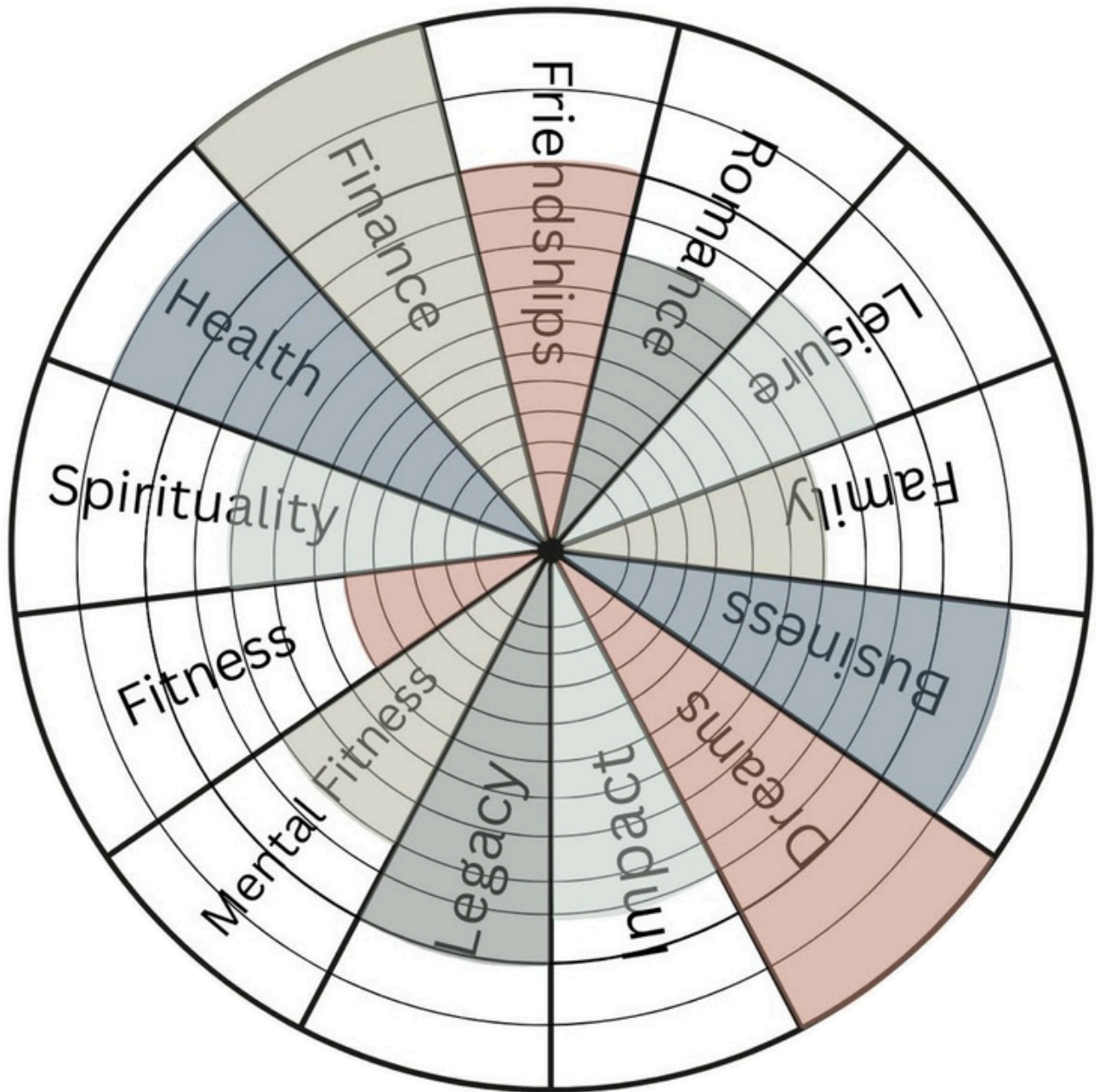
The Wheel of Life



The Wheel of Life

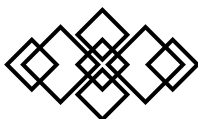
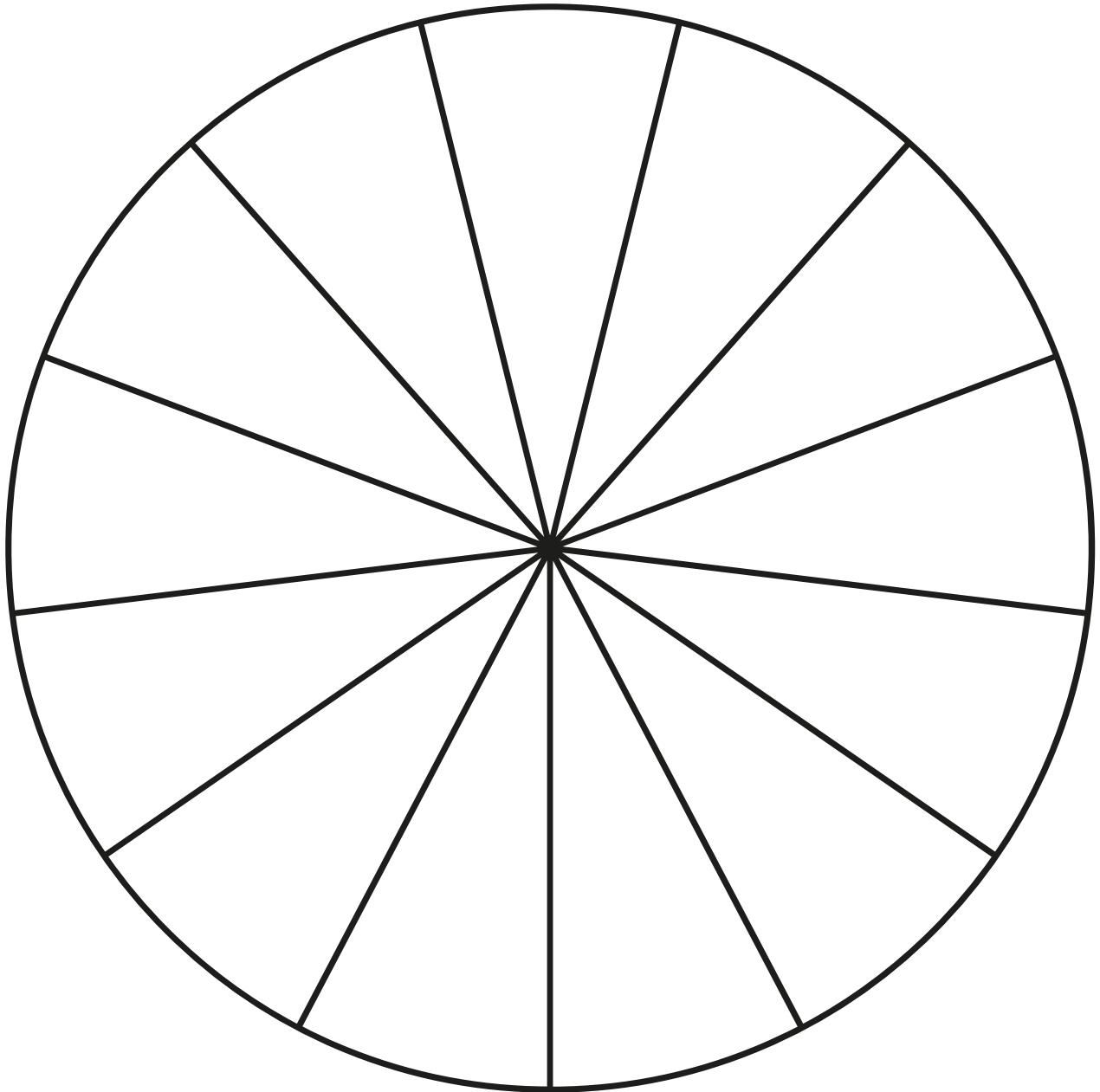
Consider every area of your life, score and shade each section out of ten.

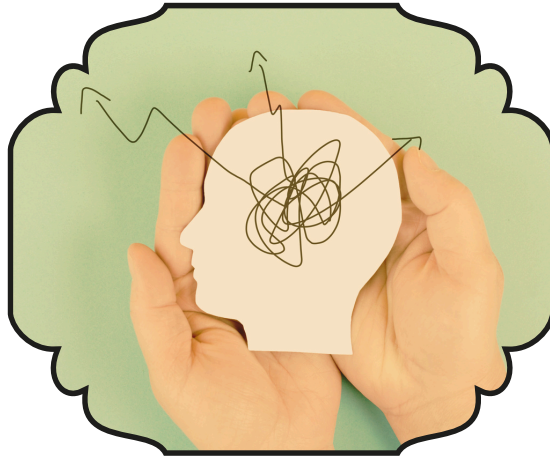
Example:



The Wheel of Life

Here is a blank version if you would rather choose your own categories.





Here are 20 self-assessment questions designed to help identify psychological stress and burnout:

Emotional Well-being:

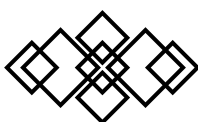
Do you frequently feel emotionally drained or exhausted by the end of the day?

Have you noticed a decrease in your overall enjoyment or enthusiasm for activities you once loved?

Are you feeling increasingly cynical or detached from work or personal responsibilities?

Do you find it difficult to relax or switch off from work, even during personal time?

Do you often feel overwhelmed or anxious without a clear cause?





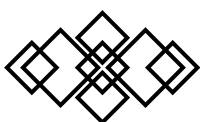
Physical Health:

Are you experiencing frequent headaches, muscle tension, or other physical symptoms of stress?

Have you noticed changes in your sleep patterns, such as difficulty falling asleep, staying asleep, or waking up feeling tired?

Do you feel physically exhausted, even after getting adequate rest?

Are you experiencing digestive issues, such as upset stomach, nausea, or changes in appetite?





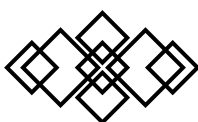
Mental and Cognitive State:

Do you struggle with focus, memory, or decision-making more than you used to?

Are you feeling forgetful, or do you find it hard to stay organized and on top of tasks?

Do you find yourself easily irritated or angered by minor inconveniences or setbacks?

Are you experiencing negative self-talk or feelings of self-doubt more frequently?





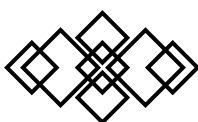
Work-Related Stress:

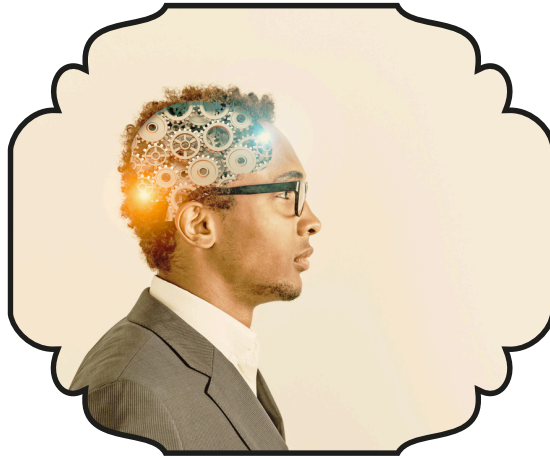
Do you feel like your workload is unmanageable or that you're constantly behind?

Do you find yourself dreading going to work or facing your responsibilities each day?

Have you noticed a decline in your productivity or the quality of your work?

Do you feel underappreciated or unsupported by colleagues, supervisors, or your team?





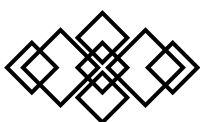
Personal Life and Relationships:

Are you withdrawing from social activities, friends, or family more than usual?

Do you feel less connected to the people around you, even in close relationships?

Are you struggling to balance your work and personal life, often feeling guilty or pulled in multiple directions?

These questions aim to help individuals reflect on their emotional, physical, and mental health to better understand whether they might be experiencing burnout or psychological stress.





Here are some comforting facts to reflect on when dealing with stress, burnout, or challenging emotions:

Stress is a Natural Response.

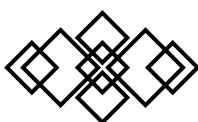
Stress is part of the human experience, designed to help us respond to challenges. It's okay to feel overwhelmed at times; what matters is how we manage it.

It's Okay to Rest.

Rest is essential for productivity and well-being. Taking time to recharge isn't lazy or selfish; it's necessary for maintaining long-term resilience.

You Are Not Alone.

Many people experience stress and burnout, especially in high-pressure environments. Sharing your feelings with others can reduce the isolation you may feel.





Feelings Are Temporary.

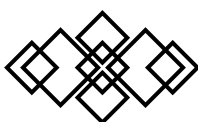
Emotions, no matter how intense, are temporary. They come and go like waves. Trust that this difficult period will pass, and brighter days are ahead.

Small Steps Lead to Big Change.

You don't need to overhaul your life all at once. Even small changes, like practicing mindfulness or taking short breaks, can make a big difference over time.

Seeking Help is a Sign of Strength.

Asking for support—whether from friends, family, or professionals—is an act of courage and self-care, not weakness.





You're More Resilient Than You Think.

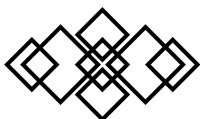
The fact that you've made it this far, through every challenge life has thrown at you, is a testament to your strength. You have the capacity to handle more than you realize.

Your Worth Isn't Tied to Productivity.

Your value as a person isn't measured by how much you accomplish. You are worthy of love and care simply because you exist.

Perfection is Not the Goal.

No one is perfect, and perfection is an unrealistic expectation. Embrace progress, not perfection, and celebrate your efforts along the way.





It's Never Too Late to Make a Change.

No matter where you are in life or how long you've been feeling stuck, it's never too late to seek help, try something new, or start fresh.

These reflections can help cultivate self-compassion and a sense of perspective, especially during times of stress.

