

The Two-Minute Burnout Checkup

Rate your level of stress from "0" to "10" on all six factors of burnout, with "0" being no stress and "10" equaling extreme stress. Add the numbers to get your general burnout score out of 60, and focus on 1-2 specific burnout factors that scored closest to "10".

| Burnout factors | LEVEL OF STRESS (0-10) |
|--|---|
| Workload: Sustainability of the amount of work on your plate | <input type="text"/> |
| Values: Whether you connect with your work on a deeper level | <input type="text"/> |
| Reward: Both financial rewards (salary, bonuses, stock options, etc.) and social rewards (whether you're recognized for your contributions) | <input type="text"/> |
| Control: The autonomy you have over when, where, and how you do your work | <input type="text"/> |
| Fairness: The feeling that you're treated equitably at work relative to your colleagues | <input type="text"/> |
| Community: Professional relationships that boost engagement | <input type="text"/> |
| | Total: <input type="text" value="____/60"/> |