

HOW BURNED OUT ARE YOU?

Discover your burnout level to begin the healing process!



Quiz Questions

Write down the number that most accurately reflects your feelings at this moment.

Not At All (0), Rarely (1), Sometimes (2), Often (3), Very Often (4)

- 1 I feel like the harder I work, the less I actually achieve. _____
- 2 I feel exhausted, run-down, and drained of physical, mental, and emotional energy. _____
- 3 I feel trapped, and like I can't admit when I'm tired or when I've made a mistake. _____
- 4 I'm short with people and less sympathetic than they deserve. _____
- 5 I constantly feel that I'm not doing enough. _____
- 6 I feel increasingly cynical and disenchanted with life. _____
- 7 I experience more aches, pains, and headaches than I used to. _____
- 8 I'm plagued by a sense of guilt over creative projects I've not completed. _____
- 9 Routine tasks like picking up dry cleaning or going to the dentist feel overwhelming. _____
- 10 I feel alone, and that I have no one to talk to. _____

- 11 I feel like my creativity has been used up and dissipated. _____
- 12 I feel that there is more work to do than I could ever possibly get done. _____
- 13 I am easily irritated by small problems or inconveniences. _____
- 14 My mind feels foggy, I often forget why I walked into a room. _____
- 15 I'm bored at work; my job holds little meaning for me anymore. _____

Total: _____



Results

Add up your numbers and see where you line up. Don't be scared if your number is a little high right now; remember, burnout is reversible no matter how far along it is!

Score Range 0-15

No Burnout Here! You've managed to stay one step ahead of this whole burnout business, but still, I'm guessing you took this quiz for a reason. Maybe you're feeling more tired than usual, or you can feel your sense of accomplishment dwindling, but you're not sure why. Maybe you've felt the savage effects of burnout before, and you're determined to never go through that again. Don't worry, as we continue our journey through the podcast, you'll learn about all sorts of red flags and things to watch out for that could turn a mild case of exhaustion or apathy into all-out burnout.

Stage 1: Risky Business

Score Range 16-27

If you scored between 16 and 27, you might find yourself in the **Risky Business** stage of burnout. I called this stage **Risky Business** because, well, this stage is risky. It can be easy to write these symptoms off as “just another long day/week/month.” But it won’t be long before all that stress and lack of meaning start to take their toll. You might appear normal on the outside, but exhaustion, guilt, and anxiety are starting to build and simmer on the inside.

Odds are, you’re feeling more disengaged at work, and meetings that used to energize you now feel draining. You’ve likely been tired for a while now, and you just can’t ever seem to get your energy *back*. Motivation is getting harder to come by, the weekends are never long enough, and the alarm clock has become your arch enemy.

We know that burnout is as much a crisis of meaning as it is a crisis of energy. In the **Risky Business** stage of burnout, the disconnect with meaning has just begun. Something is missing, but you can’t quite put your finger on *what*.

Stage 2: Catching Fire

Score Range 28-38

If you scored between 28 and 38, you have entered what I call the **Catching Fire** stage, where burnout is starting to spread. If it started at work, it’s now affecting your relationships, projects, and more. You may find yourself less productive at work, less involved with your kids or spouse, less likely to take the dog for walks, and less engaged in things you used to enjoy. This sense of apathy only grows as your to-do list gets longer and longer.

Your sense of accomplishment and motivation continues to dwindle. Even when you *do* manage to achieve goals or check things off your list, you feel less and less joy from achieving them.

The never-ending tiredness you’ve been feeling for a while is now morphing into lethargy and listlessness. It seems like you never have enough time to just chill out and rest. Time seems to speed up, and the days just blur together in a red ball of stress.

Worse, the physical symptoms, like headaches and other aches and pains, are getting harder to ignore.

Often, in the **Catching Fire** stage, a low-level anxiety starts to brew. This anxiety might manifest as a nagging feeling in the back of your mind that constantly tells you you're "*not doing enough*." Or maybe you find yourself feeling worried and anxious without being able to put your finger on why you feel that way.

Stage 3: Wildfire

Score Range 39-49

If you scored between 39 and 49, you are now in Stage 3, or the **Wildfire** stage of burnout. Now, the flames of burnout are completely uncontained and have started to get a little out of control. No part of your life—home, work, family, social, etc.—is left unsinged. Your mental and physical health are in tatters. By the Wildfire stage, burnout is getting pretty darn dangerous. Like wildfires in real life, if it's not strategically contained, it can wreak some real long-term damage.

A key characteristic of this stage is *anger*. Every little thing ticks you off. You find yourself full of snarky responses that are getting harder and harder to bite back. This can show up in your life as defensiveness, passive-aggressive behavior, or even outright aggression (like road rage).

Creativity feels like it's all used up and will never come back again. Cynicism and apathy are also front and center. You feel like you're constantly doing more and more, but less and less actually gets done.

Stage 4: Apocalypse Now

Score Range 50-60

If you scored between 50 and 60, you are in Stage 4, or the **Apocalypse Now** stage, and you have fully descended into the depths of the inferno. You're vulnerable, desperate, and clinging to hope by a thread. Things are looking grim.

Stage 4: Apocalypse Now

Score Range 50-60

I also refer to this stage as the “Blowups and Breakups” stage. You might find yourself quitting a job or ending a relationship, not as a rational decision to make your life better, but as a last-ditch effort to make some kind of change. Maybe you say things you don’t mean or do things you regret.

By now, burnout has consumed all your defensible space. There is no single sphere of your life, your brain, your sanity, your personal life, or your professional life that is NOT suffering from the savage effects of burnout.

The exhaustion makes it hard to think straight. Growing isolation leaves you feeling like you can’t admit when you’re tired or tell anyone if you’ve made a mistake. You’ve gone from having mood swings to being a loose cannon.

Worst of all, the loss of meaning and sense of Existential dread have reached Nietzschean levels. You feel as though you are starved for just a bit of meaning and fulfillment in your life.

The Upside

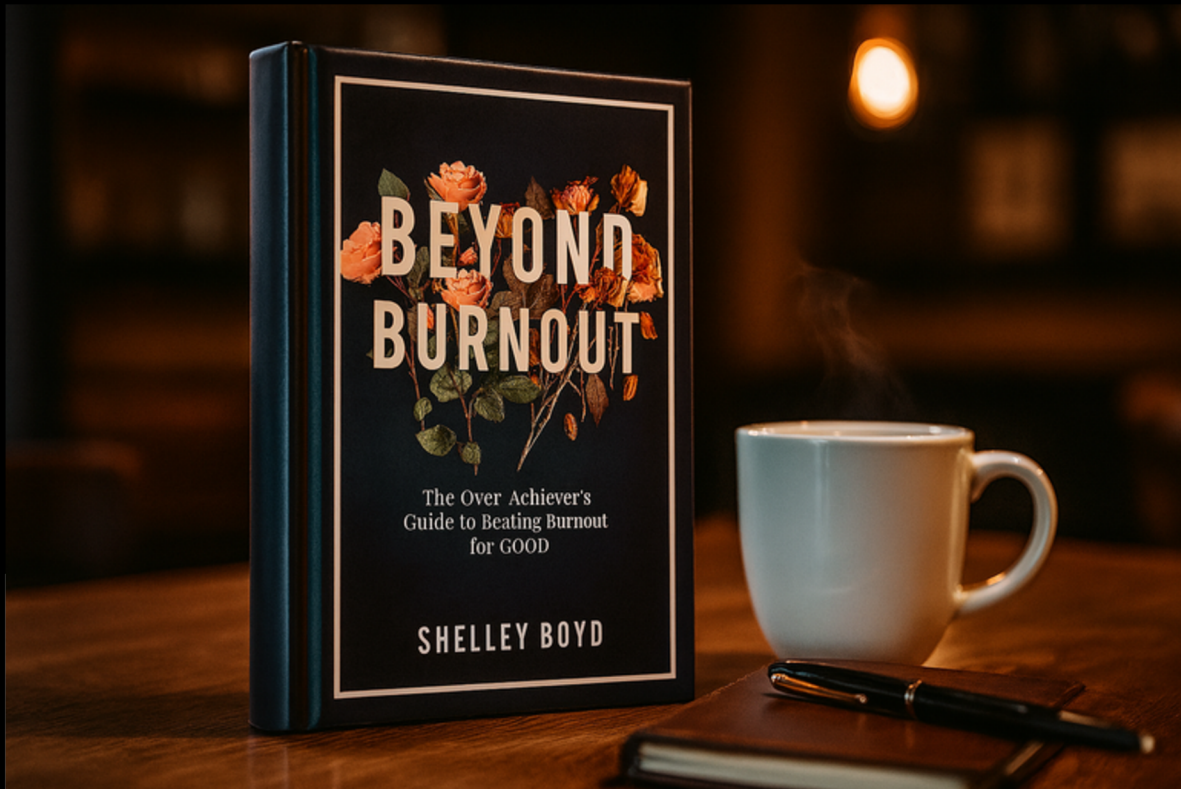
Whether you find yourself just skimming the **Risky Business** stage of burnout, or if you’ve been fighting your way through the Apocalypse Now stage for longer than you can remember, the good news is it’s never too late to turn things around. Burnout is reversible no matter how deeply entrenched or severe.

By taking this quiz and understanding the four stages of burnout, you’re already taking away some of the power that burnout has over you. Simply by naming it, you’ve begun to reclaim your well-being. Because once a thing is named, it can be conquered. If you’re reading this, I’m betting you have the willingness and the determination to learn, grow, and change.

For action tips on how to begin your recovery at each stage, check out The Four Stages of Burnout episode on the Beyond Burnout Podcast.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Beyond Burnout

The Over-Achiever's Guide to Beating Burnout for GOOD

Tired of half-hearted advice or surface-level life hacks?

Beyond Burnout isn't another productivity hack or self-care checklist. It's a science-backed roadmap specifically designed for overachievers who are ready to break the cycle for good and reclaim their creativity, energy, and joy.

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