

Are You Racing Toward Job Burnout?

(I want to acknowledge the creator of this assessment.
If I knew your name, it would appear right here!)

Are you racing toward the job burnout finish line? Take this short quiz to see how close you are to the finish line of burning out.

Using this rating scale, answer each question on a scale of 1 to 5.

- 1- Never
- 2- Rarely
- 3- Occasionally
- 4- Usually
- 5- Always

1. I enjoy going to work every day - even Mondays!

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

2. I am fully able to respond to my (internal or external) clients' needs.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

3. I feel appreciated and recognized for the work I do.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

4. I feel that what I do makes a difference.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

5. I rarely experience any conflict at work.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

6. The management style in my office is free of backstabbing, finger pointing and blame.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

7. I am clear on the vision and goals of my organization, and how those match my own.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

8. I make recommendations for change rather than complain.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

9. It is important for me to do my work well.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

10. My work brings me satisfaction.

1-Never 2-Rarely 3-Occasionally 4-Usually 5-Always

Total your score.

36-50: People who score within this range are usually comfortable with the work they do. In general your values and strengths are being honored – a score closer to 36 may indicate you need to strengthen your personal boundaries to keep your values a top priority.

20-35: You may have some triggers that send you into burnout mode - work with your coach to uncover those triggers and to understand your needs and wants in addition to your values. You may see benefits from some personal boundary work to maintain a sense of balance in your workday.

10-19: Time for a vacation because you are smoking! When you get back, call your coach to help define your purpose and direction, and create a life you love, including a job you love.

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COACH AUTHOR SPEAKER



I've shown 1,000's of women how to let go of what is holding them hostage and step into their purpose, power and potential. Would you like to learn more? Check out my Coaching packages and 'On Purpose' Power Products at www.SusanBock.com

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Have Questions? Give me a call 714-847-1566

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