

# Susan Bock

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Attract Clients | Increase Profits | Enjoy Freedom

## Are You Racing Toward 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

**Add the numbers of your choices to obtain 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.

Are you surprised, inspired, concerned or confused by your answers? All of these? If so, you're not alone. Getting honest with ourselves takes courage and I'd love to help you take the next step so that you can avoid burnout and stay energized!

I'd love to help you step back for burn out step into creating a profitable business that gives you're the fulfillment, fun and freedom you desire!

Yes, you can do this! I believe in you!

I've been an entrepreneur for over 20 years, and I've helped thousands of women create, launch and grow a profitable business. If you want to learn how, schedule your complimentary [Business Breakthrough Strategy Session](#) right now!

Schedule your session now – before time runs out. Act now so you don't miss this amazing opportunity – a \$350 value. It's yours free when you [take action now and schedule your private session with me.](#)

**This is my gift to you - why? Because *your ideal clients need what only you can offer!***



*Susan*

**Step into your uniqueness and get paid for it!**

Susan Bock  
ATTRACT CLIENTS | CELEBRATE SUCCESS | ENJOY FREEDOM



Susan Bock  
EXPLORE | EXPAND | ENRICH