

# Burnout Warning Checklist

Use this checklist to assess where burnout may be creeping into your life. If you find yourself checking three or more boxes, it's time to take action!

## Perfectionism Warning Signs:

- ☐ I struggle to finish tasks because they never feel "good enough."
- ☐ I spend excessive time on small details that others wouldn't notice.
- ☐ I feel guilty or anxious when I take breaks.
- ☐ I avoid delegating tasks because I don't trust others to do them right.
- ☐ I equate my self-worth with my productivity and achievements.
- ☐ I avoid trying new things for fear of failing.

## People-Pleasing Warning Signs

- ☐ I say "yes" even when I want to say "no."
- ☐ I feel responsible for other people's happiness or emotions.
- ☐ I put others' needs ahead of my own, even when it exhausts me.
- ☐ I feel guilty setting boundaries or asking for what I need.
- ☐ I overcommit and end up feeling resentful or overwhelmed.
- ☐ I fear disappointing others, even at my own expense.

## Action Steps:

- Pick one thing from each section to work on this week.
- Set one boundary that protects your time or energy.
- Remind yourself daily: Your worth is not measured by how much you do for others.