

Template for Measuring Employee Burnout

Name: _____

Email: _____

Instructions: For each question checkmark the options applicable

1. Do you have trouble focusing on your work or staying productive?

Never Rarely Sometimes Very Often Daily

2. Do you feel physically drained out?

Never Rarely Sometimes Very Often Daily

3. Do you feel sick or suffer from constant headaches while working?

Never Rarely Sometimes Very Often Daily

4. Do you lack energy and motivation to work?

Never Rarely Sometimes Very Often Daily

5. Do you feel irritated while working?

Never Rarely Sometimes Very Often Daily

6. Do you suffer from sleep issues?

Never Rarely Sometimes Very Often Daily

7. Do you feel you are stuck up in your current job?

Never Rarely Sometimes Very Often Daily

8. Do you think you are not being appreciated by your superiors?

Never Rarely Sometimes Very Often Daily

9. Are you frustrated with the politics in organization?

Never Rarely Sometimes Very Often Daily

10. Do you have conflicts with your team members often?

Never Rarely Sometimes Very Often Daily

11. Do you think you have more tasks to do than you can handle?

Never Rarely Sometimes Very Often Daily

12. Do you always experience work pressure?

Never Rarely Sometimes Very Often Daily

13. Do you think you are in the wrong place or wrong profession?

Never Rarely Sometimes Very Often Daily

14. Do you find yourself becoming emotional like crying without any reason, getting angry or getting stressed at small issues?

Never Rarely Sometimes Very Often Daily

15. Do you feel guilty that you are not able to spend enough time with your family and friends?

Never Rarely Sometimes Very Often Daily

Points Assigned:

- Never - 0
- Rarely - 1
- Sometimes - 2
- Very Often - 3
- Daily – 4

Score Interpretation:

Score	Interpretation
0 - 20	No sign of burnout
21 - 30	A little bit sign of burnout
31 - 40	You are at the risk of burnout
41 - 50	You are burned out; you need to take some action
51 +	You are facing severe burnout - need to do something urgently