

THE BURNOUT SELF-CHECK

(Course Diagnostic Worksheet)

This worksheet is designed to help you notice where burnout is breaking down. It is not meant to diagnose, fix, or measure progress.

Section 1: Context Check (Quick grounding)

Check any that apply:

- I have had periods of adequate rest in the last 2–3 weeks
- My current fatigue feels ongoing rather than tied to a single situation

Section 2: Current State Scan (General recognition)

Check any statements that feel accurate right now:

- I feel tired even after resting
- I feel behind no matter how much I do
- I second-guess my decisions more than I used to
- I feel responsible for more than I can realistically carry
- My life feels full, but not supported
- I don't feel clear about what actually needs my energy

Section 3: Burnout Pattern Indicators (Grouped by area)

Self-Trust

- I question my instincts
- I rely on external validation to decide
- I override internal signals to keep going
- I don't trust my sense of "enough"

Responsibility

- I feel accountable for things that were never explicitly mine
- I carry emotional or logistical weight for others
- Letting go feels irresponsible
- I struggle to say no, even when overwhelmed

Energy

- Effort feels disconnected from results
- Things that used to energize me now drain me
- I feel depleted without knowing why
- I push through low energy rather than adjusting

Structure

- My routines no longer support me
- Rest doesn't seem to restore much
- My schedule feels reactive
- My systems feel fragile or inconsistent

Section 4: Dominant Breakdown

(Choose one)

Which area feels most unstable right now?

- Self-trust
- Responsibility
- Energy
- Structure
- Unsure

Section 5: Orientation Result

(No promise, no instruction)

Based on your responses, the section of this course that may be most relevant right now is:

This result is a starting point for understanding, not a definition of you.

© 2026 Cyrus Ausar. All rights reserved.

This worksheet and all associated content are protected by copyright law. Unauthorized reproduction, duplication, resale, distribution, or use of this material in whole or in part is strictly prohibited without express written permission from the author.