## **Template for Measuring Employee Burnout**

Name:	
Email:	
Instructions: For each question checkmark the options applicable	
Do you have trouble focusing on your work or staying productive?	
☐ Never ☐ Rarely ☐ Sometimes ☐ Very Often ☐ Daily	
Do you feel physically drained out?	
☐ Never ☐ Rarely ☐ Sometimes ☐ Very Often ☐ Daily	
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 vou thin	k vou are no	ot being appreciat	ed by your super	iors?
•	•	□ Sometimes		
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 thin	k you have r	more tasks to do	than you can har	ndle?
☐ 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