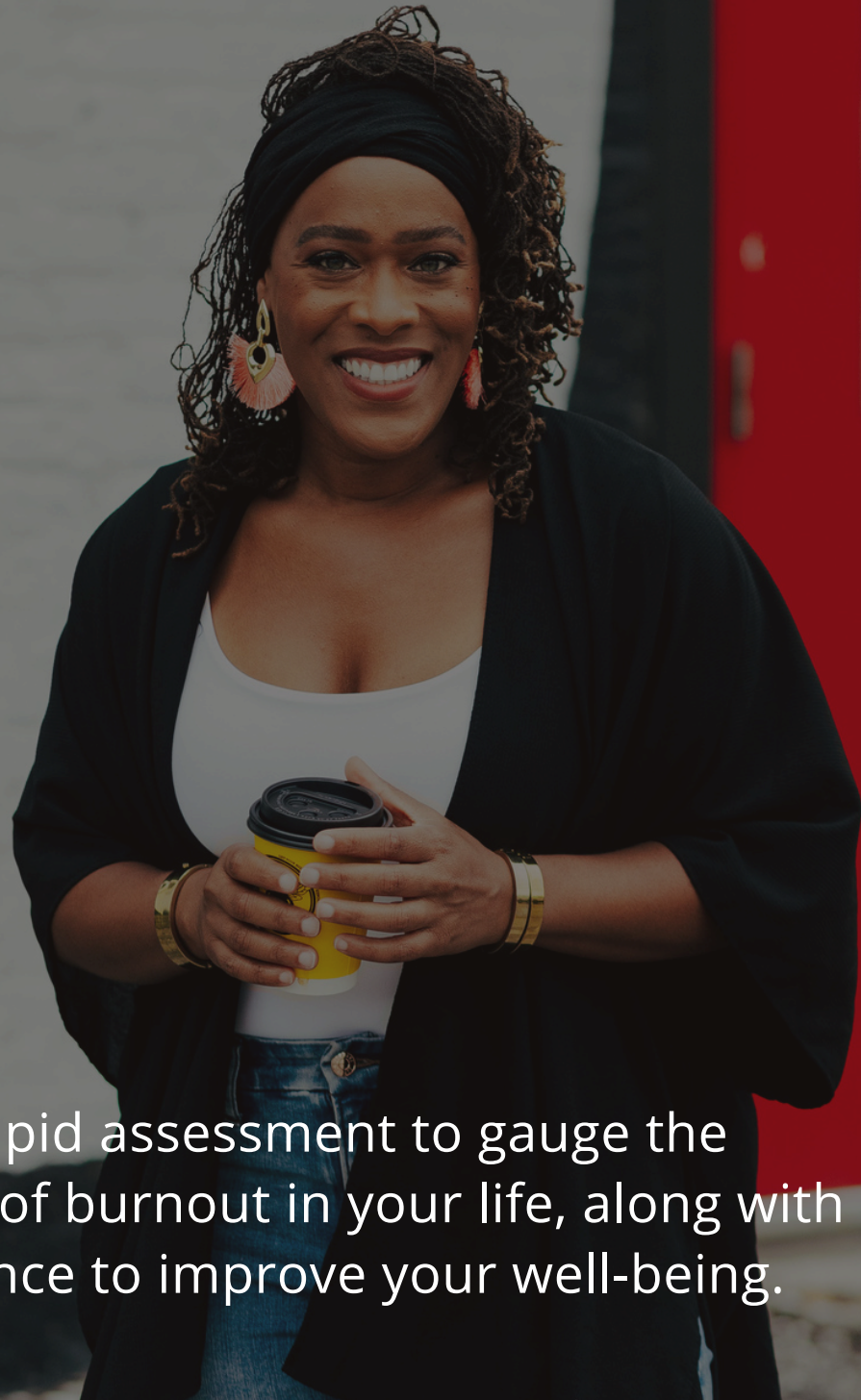


# RAPID BURNOUT IMPACT ASSESSMENT™



A rapid assessment to gauge the severity of burnout in your life, along with guidance to improve your well-being.

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Dr. Dominique Pritchett is the founder and current member of Speak to the Soul™ .

# MEET DR. DOMINIQUE PRITCHETT

Organizational Wellness  
Strategist, Keynote Speaker  
Trainer & Podcaster



Dr. Dominique Pritchett is a powerhouse organizational wellness strategist, captivating keynote speaker, transformative trainer and podcaster.

She's the mastermind behind Beloved Wellness Center™ and Speak to the Soul™ and Space for Sistas®. Notably, she is the voice behind the Speak to the Soul™ and Space for Sistas® Podcasts.

Dr. Pritchett partners with organizations providing their people with actionable mental wellness solutions to prevent the flames of burnout that impact everyday life.

She earned a doctorate in clinical psychology, a master's in clinical social work and a bachelor's in social work.

Dr. Pritchett's expertise has been recognized globally with features on BBC London Radio, Shondaland, Women's Health Magazine, The New York Times, various news channels, podcasts and more.

ANSWER EACH QUESTION HONESTLY.

# RAPID BURNOUT ASSESSMENT

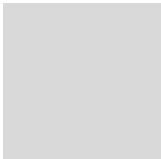
Please rate each question based on how often you experience these feelings or situations using the severity scale: Mild -1, Moderate -2, Severe -3.

	MILD	MODERATE	SEVERE
1. Feeling physically and emotionally exhausted	1	2	3
2. Becoming cynical or negative about your work	1	2	3
3. Having trouble concentrating or focusing	1	2	3
4. Feeling detached from your clients or patients	1	2	3
5. Lower sense of accomplishment in your work	1	2	3
6. Feeling irritable or impatient with colleagues or clients	1	2	3
7. Neglecting your self-care routine (e.g., exercise, sleep)	1	2	3
8. Focusing on work-related issues during personal time.	1	2	3
9. Feeling overwhelmed by your workload	1	2	3
10. Frequently doubting if your work is good enough	1	2	3
11. Decreased motivation to socialize with others	1	2	3
12. Feeling emotionally drained after interacting	1	2	3
13. Neglecting hobbies or activities you once enjoyed	1	2	3
14. Ignoring signs of stress or burnout	1	2	3
15. Feeling like you're constantly on edge	1	2	3

Total: \_\_\_\_

**Scoring Key:** Add the scores for each question for your complete total and refer to the following ranges:

**GRAND  
TOTAL:**



- Mild Burnout: Total score of 1-14
- Moderate Burnout: Total score of 15-30
- Severe Burnout: Total score of 31-45

Continue to next page.

# BURNOUT PREVENTION OR RECOVERY PLAN

**Mild Burnout (1-15):** If your score falls within this range, it's crucial to address these early signs of burnout before they escalate. Consider the following actions:

- Prioritize self-care through regular exercise, balanced nutrition and adequate sleep.
- Incorporate relaxation techniques such as deep breathing or meditation into your routine.
- Establish clear boundaries between work and personal life.
- Engage in enjoyable activities outside of work to rejuvenate your energy.

**Moderate Burnout (16-30):** A score in this range suggests a more pronounced level of burnout. Taking prompt action is essential to safeguard your well-being and job performance:

- Seek support from a family member, mentor or trusted colleague.
- Discuss workload concerns with your family, colleagues, or supervisor to explore solutions.
- Pursue personal or professional development opportunities to rekindle your motivation.
- Consider consulting a mental health therapist or counselor.

**Severe Burnout (31-45):** This score indicates a critical level of burnout that demands immediate intervention. It's vital to seek professional help and make significant changes to your current situation:

- Don't keep your struggles to yourself; confide in someone you trust.
- Consider taking a temporary leave of absence or reducing your work hours to focus on recovery.
- Engage in therapy or counseling to address the underlying causes of burnout.

Remember, burnout is preventable. Without immediate lifestyle change, it can become a serious concern. Seeking help is a sign of strength, not weakness.

Regular self-assessment and proactive steps can help you maintain your mental health wellness allowing you to tackle the demands of life - personally and professionally.

**NOW IT'S TIME TO DO  
THE WELLNESS WORK!**

## RATE YOUR

# CHECK YOUR THINKING

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

### BELIEF IN YOURSELF

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

### OPENNESS FOR SUPPORT

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

### FLEXIBLE ATTITUDE

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

### DECISION MAKING

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

### ABILITY TO STICK TO GOALS

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

NOT VERY

EXTREMELY

# NOW WHAT? IDENTIFY WHAT NEEDS TO CHANGE AND TAKE ACTION ASAP.

**INSTRUCTIONS:** Identify your most challenging pain points contributing to your phase of burnout. Then, identify a plan to resolve including people, places and things that can support you.

PAIN POINT:

PLAN TO RESOLVE PAIN POINT:

PAIN POINT:

PLAN TO RESOLVE PAIN POINT:

PAIN POINT:

PLAN TO RESOLVE PAIN POINT:

PAIN POINT:

PLAN TO RESOLVE PAIN POINT:

PAIN POINT:

PLAN TO RESOLVE PAIN POINT:



# WOOF! GOALS

## INTENTIONAL GOAL SETTING

When setting goals, it helps to start with curiosity or wonder. This allows you to create an actionable solution and visualize scenarios. Use the questions below to create your goals. Make as many copies of this page as needed.

<b>W</b>	<b><u>WONDER</u></b> WHAT GOAL DO I WONDER ABOUT ACCOMPLISHING	
<b>O</b>	<b><u>OUTCOME (BEST DESIRED)</u></b> VISUALIZE HOW YOU WANT TO REACH THIS GOAL. DON'T LEAVE ANYTHING OUT.	
<b>O</b>	<b><u>OBSTACLES (INTERNAL)</u></b> IMAGINE AND VISUALIZE WHAT YOUR BIGGEST OBSTACLE AKA BARRIERS.	
<b>F</b>	<b><u>FOCUSED PLAN</u></b> WHAT WILL YOU FOCUS ON AND DO (STRATEGIES) TO REACH YOUR GOAL AND ADDRESS THE OBSTACLES.	
<b>!</b>	<b><u>CELEBRATE</u></b> WHAT WILL YOU DO TO CELEBRATE MEETING YOUR GOAL?	

# BURNOUT PREVENTION - YEARLY GLANCE

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER

# THANK YOU!

Found the event helpful?  
Let's connect!

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[REFER ME TO SPEAK](#)



# MY NOTES

A series of horizontal dotted lines for writing notes.



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