



Burnout Prevention Checklist

Stay Ahead of Burnout

Use this checklist to assess your wellbeing and prevent burnout, which the World Health Organization defines as the result of prolonged, unmanaged stress.

Created By

Sheri Betts

Completing the Checklist.

- Answer "True" only if you consistently engage in the activity as described.
- Be honest about your results for your overall wellbeing.
- Consider tracking your progress periodically to see how far you've come.

Keep moving forward one step, one activity at a time!

Answer True or False: (Your first thought is best)

Date: _____

	Activities	True	False
1	I regularly sleep 7 to 8 hours per night (at least 6 days a week) to recharge.		
2	I nourish my body daily with water equivalent to ½ of my body weight in ounces.		
3	I eat healthy food (that includes fruits and vegetables) 5-7 days per week to fuel my body.		
4	I engage in a moderate intensity workout for at least 30 minutes, at least 5 days a week.		
5	I take micro breaks throughout the day to renew and recharge my brain.		
6	I am optimistic most of the time.		
7	I express my appreciation & gratitude, at home and work, on a regular basis.		
8	I do not overschedule my day to allow time to be alone to think, reflect & rest.		
9	I often say " No " to activities that will most likely be too stressful to participate in.		
10	I schedule "off" hours to make time for fun or recovery.		
	Number of True answers		
	Number of False answers		
	Divide True Answers by 10 and then multiply that number by 100. Result: I am ____ % prepared to prevent burnout.		

Note: While 100% is ideal, your percentage is relative to where you are now. 20% is good if you have been operating at 0%.

How Can You Do Better?

Prevent Burnout

Strive to achieve a 70-80% score to prevent burnout

Develop a Self-Care Mindset

What you focus on in life expands and grows. Take intentional action for your self-care – by developing actions and habits using the Three R's: **R**eminders | **R**ituals | and **R**epetition which help you to **R**ecover| **R**echarge| and **R**ejuvenate!

- **Reminders:** Set reminders in your smartphone or daily planner or write them on Post-it notes and put them in places you will easily notice them.
- **Rituals:** Create small, meaningful rituals that incorporate some of the recommended actions in *The ABCs of Self-Care: Your Guide to Creating a Happy, Healthy & More Peaceful Life*. They needn't be time-consuming.
- **Repetition:** Repeat your rituals and the other self-care habits/actions consistently until making self-care choices becomes as second nature as brushing your teeth.

Ask for Help

Find a friend, mentor or coach to be your accountability partner who helps you create a life where you are thriving instead of surviving. The burnout prevention expert can help you identify blind spots, get to the root of issues and help you achieve goals faster, better and easier than you could on your own.

The Burnout Prevention Expert



Sheri Betts

Leadership/Burnout Prevention Coach

Sheri is a self-care speaker and leadership/burnout prevention coach. Her book, **The ABCs of Self-Care**, and this checklist will help you build practical habits that fit real life—not a “perfect” life.

Get In Touch

Interested in working with me?

Know someone who could benefit from my coaching or speaking services? Let's connect!

 E-Mail

info@abcsofselfcare.com

 Instagram

[@abcsofselfcare](https://www.instagram.com/abcsofselfcare)