



Stress and BURNOUT

HEALTH SELF-ASSESSMENT

Self-assessments are a great way to check-in with how you are feeling. We often have a feeling that something is needed but not sure where it is coming from. Answer this short list of questions to get a pulse on where you are today?

1. How do I feel about my daily responsibilities?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

2. How do I feel about my ability to wind down peacefully when I get home from a busy day?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

3. How do I feel about my level of energy available to other people in my life?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

4. How do I feel about my level of enthusiasm to try new things or do things I usually enjoy?

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

5. How do I feel about my frequency of headaches, upset stomach or not feeling well.

Very Satisfied Somewhat Satisfied Neutral Somewhat Dissatisfied Very Dissatisfied

This is private information for you to use or share with your coach. We hope this helps you identify opportunities to make changes to improve your wellbeing.

www.gardenialove.org

