

Burnout Checklist

Spot the Red Flags Before Burnout Hits Full Force

Section 1: Emotional + Mental Fatigue

- ☐ Trouble focusing or remembering simple tasks
- ☐ You feel emotionally numb or detached
- ☐ You dread starting your workday
- ☐ Motivation feels nonexistent

Section 2: Physical Symptoms

- ☐ Headaches, GI issues, or unexplained fatigue
- ☐ Trouble sleeping or constant exhaustion
- ☐ You feel wired and tired at the same time

Section 3: Legal Life Stressors

- ☐ Unrealistic deadlines are your norm
- ☐ You've skipped lunch for 3+ days in a row
- ☐ No one seems to notice you're drowning
- ☐ You feel like you have to be perfect—always

 **Reflection Prompt:**

Which 3–5 red flags resonate most right now?

Write them down here: _____