

Overwhelm Self Assessment

Circle a number for each statement. Strongly Disagree 1, Disagree 2, Agree 3, Strongly Agree 4	SD	D	A	SA
I spend too much time working causing my personal life to suffer	1	2	3	4
Work is interfering with me working out at least 3 days per week	1	2	3	4
I am working over 50 hours per week	1	2	3	4
I am not getting 8 hours of quality uninterrupted sleep	1	2	3	4
I wake up feeling overwhelmed	1	2	3	4
I feel like I am not getting enough done causing anxiety and stress	1	2	3	4
I feel like I am fighting fires, answering email, and spending time in meetings instead of being strategic	1	2	3	4
I feel like I have too much on my plate	1	2	3	4
I am not taking the amount of vacation I should or I am working on vacation	1	2	3	4
I am connected to work technology or email at home	1	2	3	4
I work or read email as soon as I get up or right before bed	1	2	3	4
I work on the weekend	1	2	3	4
I use substances to give me energy or relieve anxiety or help me sleep	1	2	3	4
On most days I don't take breaks during the workday	1	2	3	4
I don't spend dedicated time on my life's priorities each day	1	2	3	4
I'm not clear on my goals and priorities	1	2	3	4
I struggle to prioritize my to do list	1	2	3	4
I have a hard time saying no to people and requests	1	2	3	4
I multitask	1	2	3	4
I find myself in meetings that are a waste of my time	1	2	3	4
I'm not as purposeful as I could be about who I give my time/energy to	1	2	3	4
I'm not intentional in how I design my schedule each day	1	2	3	4
I am not taking the opportunities I should to delegate	1	2	3	4
I do not have clear work hour boundaries I have set for myself	1	2	3	4
I am not clear about my manager's expectations of me	1	2	3	4

Total Score (sum of all scores combined) _____

If your total is: 25-60 you are actively preventing overwhelm
 60-100 you are likely overwhelmed, at risk for burnout and
 ask for professional help