

Burnout Checklist

A quick self-check for your body, mind, and spirit

Warning Signs of Burnout

Check all that apply:

- ☐ I feel physically and emotionally drained most days.
- ☐ I have trouble focusing or remembering things.
- ☐ I get irritated or angry more quickly than usual.
- ☐ I've lost interest or joy in activities I used to enjoy.
- ☐ I feel detached from people I care about.
- ☐ I'm pushing through out of obligation, not passion.

Spiritual Check-In

- ☐ I'm struggling to connect with God through prayer or worship.
- ☐ I'm serving others while neglecting my own soul.
- ☐ I feel guilty when I rest or take time away from ministry/work.
- ☐ I'm relying more on my own strength than on God's.

Practical Wellness Check-In

- ☐ I regularly sleep less than 7 hours a night.
- ☐ I skip meals or eat mostly fast/processed food.
- ☐ I rarely exercise or move my body.
- ☐ I spend most of my time indoors without sunlight or fresh air.

Boundaries Audit

- ☐ I have difficulty saying "no."
- ☐ I take on more than I can realistically handle.
- ☐ I often feel resentful about commitments.
- ☐ I avoid asking for help or delegating tasks.

Replenishment Actions

- ☐ I schedule regular time for joy and play.
- ☐ I nurture relationships that uplift me.
- ☐ I spend time in Scripture for myself, not just to teach others.
- ☐ I practice rest without guilt (Sabbath, naps, unplugging).
- ☐ I remind myself that my worth is not in my productivity.

Reflection

If you checked several boxes in the Warning Signs or Spiritual Check-In sections, it may be time to pause, reset, and seek support. You are not alone.