

Work-life balance survey

YOUR COMPANY NAME/LOGO

This tool can help you check yourself or your employees for burnout. It helps you look at the way you feel about your job and your experiences at work, so that you can get a feel for whether you are at risk of burnout. You can learn more and take this survey online [here](#).

	Not at All	Rarely	Sometimes	Often	Very Often
I feel run down and drained of physical or emotional energy.	1	2	3	4	5
I have negative thoughts about my job.	1	2	3	4	5
I am harder and less sympathetic with people than perhaps they deserve.	1	2	3	4	5
I am easily irritated by small problems, or by my co-workers and team.	1	2	3	4	5
I feel misunderstood and unappreciated by my co-workers.	1	2	3	4	5
I feel that I have no one to talk to.	1	2	3	4	5
I feel that I am achieving less than I should.	1	2	3	4	5
I feel under an unpleasant level of pressure to succeed.	1	2	3	4	5
I feel that I am not getting what I want out of my job.	1	2	3	4	5
I feel that I am in the wrong organization or the wrong profession.	1	2	3	4	5
I am frustrated with parts of my job.	1	2	3	4	5
I feel that organizational politics or bureaucracy frustrate my ability to do a good job.	1	2	3	4	5
I feel that there is more work to do that I practically have the ability to do.	1	2	3	4	5
I feel that I do not have time to do many of the things that are important to doing a good quality job.	1	2	3	4	5
I find that I do not have time to plan as much as I would like to.	1	2	3	4	5

Email: you@yourwebsite.com
Phone: your phone number

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www.yourwebsite.com



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For more information about this project please see:

www.getm3.eu

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SCORE INTERPRETATION

Score	Comment
15-18	No sign of burnout here.
19-32	Little sign of burnout here, unless some factors are particularly severe.
33-49	Be careful – you may be at risk of burnout, particularly if several scores are high.
50-59	You are at severe risk of burnout – do something about this urgently.
60-75	You are at very severe risk of burnout – do something about this urgently.

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