


# The 8-Area Burnout Inventory

From *Replenished* by Jessica Pierce

Burnout doesn't just happen at work. Rate yourself honestly in each area below — 1 means 'running on empty' and 10 means 'fully alive.'


**1 Faith / Spirituality** 

*How connected are you to your purpose and spiritual life?*

- › When was the last time you felt real peace?
- › Is your spiritual life active or on autopilot?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10


**2 Family** 

*How healthy are your family relationships?*

- › Are you carrying the emotional weight for everyone?
- › Do you feel safe being honest with your family?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10


**3 Intimate Relationships** 

*How connected and safe do you feel in your closest relationship?*

- › When did you last have a meaningful conversation — not about logistics?
- › Do you feel seen and known?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10


**4 Friends** 

*How deep and life-giving are your friendships?*

- › Do your friends speak truth, not just what you want to hear?
- › When did a friend last check on you without you reaching out?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10


**5 Career** 

*How fulfilled and sustainable does your work feel?*

- › Does your work align with your values?
- › When were you last energized by what you do?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10


**6 Finances** 

*How stable and manageable does your financial life feel?*

- › Does money keep you up at night?
- › Do you have a plan, or are you in survival mode?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10


**7 Health & Movement** 

*How is your physical health, energy, rest, and movement?*

- › How often do you feel rested when you wake up?
- › Does your movement restore you or deplete you?

**RATING:** 1 = empty 10 = fully alive

1 2 3 4 5 6 7 8 9 10

**8 Fun/Hobbies** 

*Are you making space for play, rest, and joy?*

- › When did you last do something purely because it brought you joy?
- › What's on your calendar that's not work, family, or obligation?

**RATING:** 1 = empty 10 = fully alive

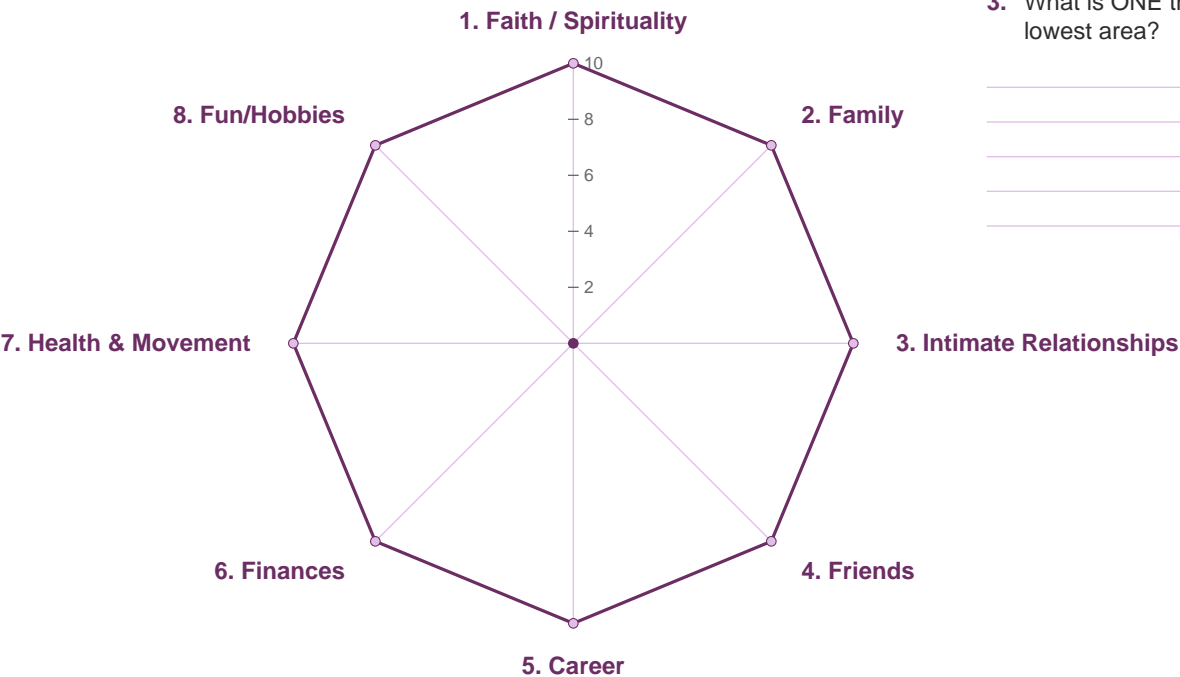
1 2 3 4 5 6 7 8 9 10

**ADD YOUR SCORES: \_\_\_\_\_ / 80** → Turn over to plot your results

**SCALE:** 8–19 Crisis | 20–34 Running on Empty | 35–49 Survival Mode | 50–64 Holding Together | 65–80 Strong Season

# My Results

Plot your score for each area. Connect the dots. What shape do you see?



## Reflection Questions

1. Which area surprised you the most?
2. Which area did you rate lowest — and were you honest, or did you add a point because admitting it felt too hard?
3. What is ONE thing you can do this week in your lowest area?

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*No is a full sentence. It has a period at the end. It does not require a dissertation.*

— Jessica Pierce

### Want to go deeper?

Replenished by Jessica Pierce walks you through each of these 8 areas with real stories, research, and practical tools.

[jessicapiercespeaks.com](http://jessicapiercespeaks.com)

#Replenished #HopeLooksGoodOnYou