

FRESH CALLING

ministry coaching and consulting

Signs of Burnout Questionnaire

Are You Experiencing Burnout?

Burnout doesn't happen all at once—it creeps in slowly, often unnoticed until it feels overwhelming. The demands of ministry can weigh on us physically, emotionally, and spiritually, leaving us feeling disconnected from the joy and passion we once had. This questionnaire is designed to help you take an honest look at where you are in your ministry journey. Are you thriving, surviving, or struggling? By identifying early signs of burnout, you can take steps to rest, reset, and renew your heart before things spiral further. Remember, admitting you're tired isn't a sign of failure—it's a step toward health and longevity in your calling.

Rate each question on a scale of 1 to 5:

- 1 = Never true
- 2 = Rarely true
- 3 = Sometimes true
- 4 = Often true
- 5 = Always true

1. Emotional and Physical Health

- I feel physically exhausted, even after getting enough sleep. _____
- I've lost the joy I used to feel in ministry. _____
- I often feel emotionally numb or disconnected from the people I serve.

- Stress is causing noticeable physical symptoms like headaches or tension.

2. Spiritual Health

- My personal time with God has become inconsistent or nonexistent.

- I feel spiritually dry or distant from God. _____
- I find myself going through the motions of ministry without feeling connected to God's purpose. _____

3. Relationships

- I've been withdrawing from friends, family, or ministry team members. _____
- I often feel irritable or impatient with those closest to me. _____
- I avoid difficult conversations because I don't have the energy to engage. _____

4. Ministry Pressures

- I feel overwhelmed by the responsibilities of ministry. _____
- I frequently compare my ministry to others and feel inadequate. _____
- I've started resenting the people or responsibilities God has called me to serve. _____

5. Motivation and Vision

- I no longer feel excited about what God is doing through my ministry. _____
- I feel like I'm just surviving week to week instead of thriving. _____
- I've thought about quitting ministry altogether. _____

Total Score: _____

Scoring Your Results

- 15–30 points: You're likely in a healthy place, but it's important to maintain good rhythms of rest and self-care. Regularly assess your emotional, spiritual, and physical health to stay on track.
- 31–50 points: You may be experiencing early signs of burnout. Take intentional steps to rest, realign your priorities, and seek support before things worsen.
- 51–75 points: You're likely experiencing significant burnout. It's essential to pause, seek help from mentors or counselors, and create space to renew your heart and mind before continuing in ministry.



Need some help? Schedule a time to meet with Steve or shoot an email. I'm here to help. You can connect with him at www.freshcalling.org