



Business Burnout Check In

1. Is your niche still working for you?
2. Do you have clients in your caseload that you know you won't be able to do great work with?
3. Do your hours & days work?
4. Are you sticking with your stated schedule or letting your boundaries get wobbly?
5. Does your fee still work for you?
6. Do you need to raise your rates & see fewer people while you get un-burned out?
7. Are you holding true to your policies or not charging for no shows because you feel bad or don't want to deal with it?