



Burnout & Overwhelm Realignment Self- Assessment

For Therapists & Allied Health Professionals

Empowering Practitioners to Move Beyond
Burnout into Energetic Alignment

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Are You in Survival Mode Without Realising It?

As a therapist, healer or allied health professional, you're trained to care and hold space for others. **But what happens when your own energy, clarity, and purpose begin to erode** beneath the surface?

Burnout doesn't always announce itself with exhaustion.

Sometimes it shows up as emotional flatness, chronic overthinking, or a creeping sense that you're just getting through the day. Because you're the one others rely on, it's easy to dismiss your own depletion as part of the job.

I created this **Burnout & Overwhelm Realignment Self-Assessment** to help you pause, reflect, and reconnect with yourself. It's not just a checklist – it's a mirror, of yourself and your practice. One that reveals whether you're operating from alignment or survival, and where you may be experiencing blocks to overcome.



How to Use This Checklist

1.

Find a quiet moment—no distractions, no obligations. Give yourself permission to tune into how you're feeling.

2.

Read each statement slowly and check off anything that resonates. Don't overthink—go with your gut.

3.

Count your total ticks and refer to the Burnout Score table to understand your current state.

4.

Review the practical tips for your score range. Choose one or two actions you can take this week.

5.

Reflect on what you need next. If your score suggests overwhelm or burnout, consider reaching out for support.



BONUS

Use my free resources included to help you structure your day and maintain your energy.

Burnout & Overwhelm Realignment Self-Assessment

1. Emotional & Mental Signs

- ☐ I feel emotionally drained even after short sessions
- ☐ I struggle to feel empathy or connection with clients
- ☐ I experience frequent self-doubt about my effectiveness
- ☐ I feel numb, detached, or cynical about my work

2. Physical & Energetic Signs

- ☐ I wake up tired and rely on caffeine to get through the day
- ☐ I experience headaches, muscle tension, or digestive issues
- ☐ I feel like I'm 'running on fumes' most of the time
- ☐ My body feels heavy, sluggish, or unmotivated

3. Work Patterns & Boundaries

- ☐ I say yes to clients even when I need rest
- ☐ I feel guilty taking time off or setting limits
- ☐ I'm constantly multitasking or working outside of hours
- ☐ I've lost touch with why I started this work

4. Spiritual & Intuitive Clues

- ☐ I feel disconnected from my inner guidance or purpose
- ☐ I sense unresolved emotional or familial patterns surfacing
- ☐ I've noticed recurring themes in my life that feel karmic
- ☐ I feel like I'm stuck in survival mode, not thriving



Assess Your Burnout Score

Count how many boxes you ticked above then find your score below

SCORE	CURRENT STATE	WHAT IT MIGHT MEAN
0-3	SUSTAINABLE	You're managing well, but stay mindful of early warning signs. Regular self-care is key.
4-7	STRETCHED THIN	You're likely feeling the pressure. It's time to reassess boundaries and recharge.
8-11	OVERWHELMED	You may be running on empty. Support, rest, and recalibration are essential.
12-16	BURNOUT OR SURVIVAL MODE	Your system is likely in overdrive. This is a call to pause, heal, and seek deeper support.

What Your Assessment Reveals

If you scored 5 or more on your assessment, you may be operating from a place of depletion rather than alignment. The good news? You don't have to face it alone.

Provided below is a free **Daily Work Checklist** and **Energy Clearing Audio Meditation** crafted to help you reconnect with your energy, purpose, and clarity.



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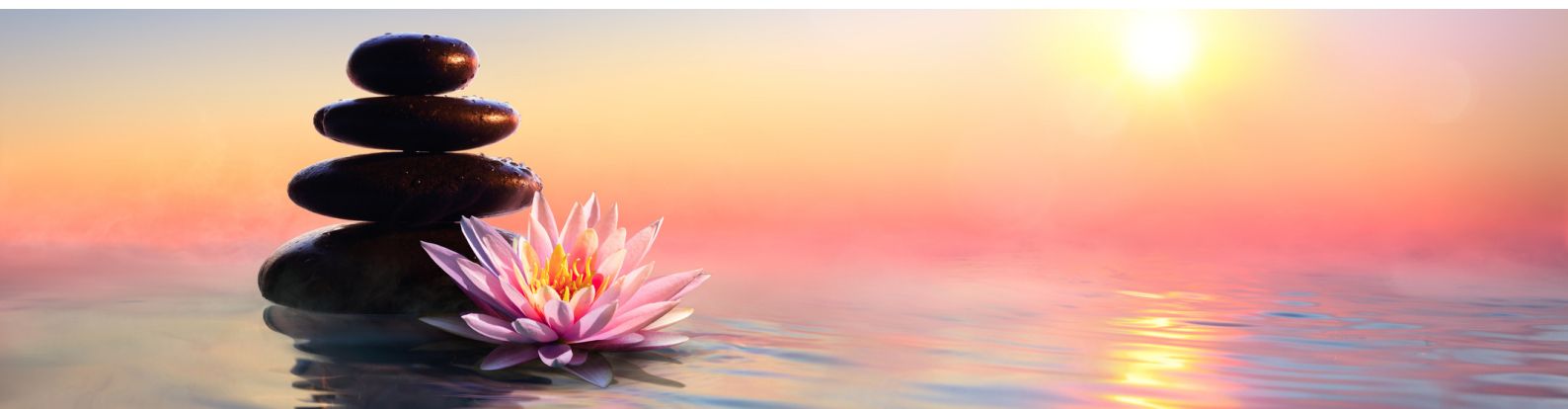
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Download Your Free Resources *For Therapists & Allied Health Professionals*

This **Daily Work Checklist** and **Energy Clearing Audio Meditation** have been thoughtfully crafted to support your wellbeing as a therapist or allied health professional. The structure offers a simple framework to help you stay grounded, focused, and energised throughout your day—before, between, and after client sessions.

Paired with a short, guided audio meditation designed to **clear residual emotional energy** and **restore your sense of calm**, these tools promote healthy energetic boundaries and sustainable practice, so you can continue to care for others without losing connection to yourself.

[Download Now](#)





About David M John

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I am a coach and consultant who supports therapists and allied health professionals like you to identify and resolve your personal and professional barriers that are limiting growth, clarity, and sustainability in your work.

Whether you're feeling stuck in your business, emotionally depleted, or unsure how to move forward, I can help you recalibrate and realign—so you can serve others from a place of clarity, confidence, and renewed energy.

Start Your Healing Journey Today

Book a 60 or 90-minute appointment today to dissolve the blocks in your path with David's unique blend of **holistic counselling and integrative healing** for you and your practice.

Book your appointment