

The Teacher Burnout Check-In

An honest look at where you actually are right now

This is not a quiz designed to make you feel worse. It is a check-in designed to tell you the truth — the kind nobody is saying in your staff meeting.

For each statement, circle the number that is most honest. Not the number you wish were true. The one that is actually true, right now, this week.

0

Never

1

Sometimes

2

Often

3

Almost
Always

1

I spend Sunday dreading Monday before it has even started.

0

Never

1

Sometimes

2

Often

3

Almost Always

2

I feel like no matter how hard I work, it is never enough.

0

Never

1

Sometimes

2

Often

3

Almost Always

3

I bring the stress of work home — and my family can feel it.

0

Never

1

Sometimes

2

Often

3

Almost Always

4

I have cried before school, after school, or in my car in the parking lot.

0

Never

1

Sometimes

2

Often

3

Almost Always

5

I feel blamed for things that are completely outside my control.

0

Never

1

Sometimes

2

Often

3

Almost Always

6 I skip lunch, stay late, or take work home — and it has started to feel normal.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3
Never	Sometimes	Often	Almost Always

7 I feel unseen or undervalued by admin, parents, or the people around me.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3
Never	Sometimes	Often	Almost Always

8 Even when I am not at school, I cannot turn my brain off from it.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3
Never	Sometimes	Often	Almost Always

9 The joy I had when I first started teaching feels far away right now.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3
Never	Sometimes	Often	Almost Always

10 I have thought about leaving the profession — and then felt guilty for thinking it.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3
Never	Sometimes	Often	Almost Always

11 I feel like I have lost some version of myself in this job.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
0	1	2	3
Never	Sometimes	Often	Almost Always

YOUR TOTAL SCORE

THE PRETTY TRUTH

“You can love teaching deeply and still be allowed to protect yourself. Those two things are not in conflict. They never were.”

What Your Score Means

Add up your circled numbers. Find your range below. Then read it honestly.

0–8**You're doing better than most.**

That does not mean you should ignore the areas where you circled a 2 or 3. It means you have something worth protecting. Keep reading anyway — the tools in this book will help you stay here.

9–17**You're in the warning zone.**

You are probably functioning fine on the outside. But something is quietly draining. This is the stage where most teachers white-knuckle it instead of addressing it. You do not have to do that. This book was written for exactly where you are right now.

18–25**This book was written for you.**

You are carrying more than you should be, and you have probably been carrying it for a while. The fact that you picked up this check-in means part of you already knows it. That part is right. Read the action steps below. Start with just one.

26–33**You needed this yesterday.**

Please hear this: what you are feeling is real, it is valid, and it is not a character flaw. You are not failing your students. You are a human being who has given everything — and the tank is empty. That is not weakness. That is just the truth. And the truth is where things start to get better.

Five Things to Do Today

Not a 90-day plan. Not a morning routine. Just five small, real things.

- **Say it out loud to one person.** Not to fix it. Just to stop carrying it alone. Text a teacher friend right now and say “I am not okay this week.” That is enough.
- **Take one thing off your plate today.** One. Not ten. The email that does not need to be answered until tomorrow. The after-school commitment that someone else can cover. One thing.
- **Eat your lunch.** Not at your desk. Not while answering emails. Sit somewhere else for 20 minutes and let yourself be off-duty. Your students will be fine for 20 minutes.
- **Stop apologizing for having limits.** You are not a machine. You are not supposed to have unlimited bandwidth. Needing rest is not a moral failure. It is just being human.
- **Read the book.** Not because it has all the answers — but because it was written by someone who sat exactly where you are sitting, and found her way back. You can too.

The Pretty Truth

theprettytruth.com

Always rooting for you. Xo, Maria