

Are you burnt-out?

Do you feel physically, emotionally, and mentally exhausted?

- “I’m exhausted”
- “I don’t want to do this anymore”
- “Would everyone just leave me alone”

When the stresses of our lives become constant and overwhelming, we burn-out.

Simply put burn out is the **feeling** of being overworked and underappreciated or **unsatisfied**.

That’s it.

Burnout is a feeling like any other and we have the power to change those.

I know right now you don’t feel that way, that’s because you are living it.

Like a frog being cooked in a pot, before he knows it, he’s cooked.

But unlike the frog you have all the tools to get out of the pressure cooker you are just lacking the one thing that will help you out.

Burnout Quiz

This Quiz is designed to help you diagnose where you are in burnout mode.

Give yourself a score of 1 or 0 for every question you answer YES (1) or NO (0) to.

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#		Yes	No
1	Every day feels the same.		
2	You lack the energy to do the things you used to LOVE doing.		
3	You're exhausted ALL the time.		
4	You are cynical or negative.		
5	You find zero pleasure from any of the things you do in the day.		
6	You feel like you are not appreciated.		
7	You feel isolated.		
8	You feel like what you do doesn't matter.		
9	You feel trapped.		
10	You procrastinate more than you used to.		
11	You are showing up late or skipping work.		
12	You spend "too much" time on TV/internet/phone.		
13	You are easily annoyed.		
14	You are quick to anger.		
15	You eat/drink too much.		
	Total		

0-5 – You are in the early stages of burnout.

5-10 – You are in burnout.

10-15 – You are **burnt-out**.

There is good news, burnout is correctable.

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Here are some quick tips to help you on the road to recovery:

- Start reaching out to loved ones
- Avoid hanging out with negative people
- Make time for things that bring you joy
- No screen time after 8pm (that includes your phone)
- Make an offer to help someone
- Ask for help

Most people will take this quiz and do nothing else.

If you want to go to the next step here is a link to where you will find my video series on Burn-out. In these videos I do a deeper dive on burn out and have weekly challenges that you can control to get you on the path to feeling better.

www.petebeskas.com/burnout-videoseries

Some of you might feel like you are ready for a massive transformation right now. And for those people who want to re-ignite their passion for life and are tired of being tired I've got you covered.

Use this QR code to set up a complimentary one-on-one session with me to see the power of coaching and how you can see transformative change in just one call.



Every day you suffer with burnout is another day you've wasted.

What do you have to lose?

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Testimonials

Here's how my program has helped others and I'm 100% certain it will help you.

"I couldn't be happier with the results I got from Pete's coaching sessions. I was struggling with negative thoughts in regard to aging. I felt like my life was about to end and have a very short time to make things happen. I was confused as to what should be the priority in my life and how to get there. I was jumping from one idea to another and wanted to be perfect. Now I've got clarity and a new perspective of life. Pete helped me to gain awareness of my thoughts, intentions and how to control it." – T.Taheri

"Pete is an acute listener, has an effortless ability to connect with people and possesses a non-judgmental personality, enabling him to provide practical tools on how to best achieve goals or make personal improvements. Pete drives straight to the heart of topics, providing both the motivation and accountability needed to increase the likelihood of successfully achieving desired targets. Most importantly Pete excels in pointing out "blind spots" and bringing on "ah-ha" moments that allows for the development of strategies that work. I would highly recommend Pete for personal coaching in anything from improvements in self-confidence, achieving more harmonious relationships, navigating career opportunities, setting, and achieving of goals or in general life "tune-ups", where a sage opinion can help support decisions or point out unconsidered alternatives." – P.Wilson

"I was lucky enough to use Pete's expertise and service - my marriage, business, and parenting is much better off because of it! I highly recommend Pete Beskas and Beskas Consulting!" – S.Maclellan

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