



Where Am I Today?

- Compassion Fatigue
- Burnout
- Unable to balance empathy & objectivity
- Anxiety
- Difficulty focusing
- Bitter
- Negative outburst
- Weight gain
- Coasting till the end of day
- Apathy
- Hopelessness
- Resentful

How Do I Feel Today?

- Anxiety in my belly
- Headache
- Couldn't care less
- Just going through the motions
- Can't sleep
- Can't get out of bed
- Want to scream
- Can't stop crying
- Hopeful
- Ready for a change
- Better than yesterday
- Worse than ever before
- Proud of myself for eating a veggie
- Worried about setting boundaries
- Guilty for not wanting to exercise
- Happy
- Clearheaded
- Brain fog
- Relaxed
- In flight/flight/freeze

Self-Compassion Checklist

- Good quality sleep
- Did daily self-assessments
- Brown paper bag lunch
- Connected with a loved one
- Fifteen minutes of physical movement
- Named one win from the day
- Practiced The Enoughness Method at least once today
- Let myself have ten minutes of restorative relaxation
- Recognized my empathy boundary
- Left desk during breaks

CARRIE SEVERSON
AUTHOR & BURNOUT

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