

Action Worksheet: Identifying Stressors and Energy Drops

Name: _____

Date: _____

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1. List Your Top 5 Recurring Stressors

Select your top 5 recurring stressors from the options below:

(Select one option for each number)

1. Work-related pressure

- ☐ High workload
- ☐ Tight deadlines
- ☐ Difficult colleagues
- ☐ Lack of support

2. Personal relationships

- ☐ Family conflicts
- ☐ Friendships
- ☐ Romantic relationship issues
- ☐ Social isolation

3. Financial concerns

- ☐ Debt
- ☐ Budgeting issues
- ☐ Job security
- ☐ Expenses

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4. Health-related issues

- ☐ Chronic illness
- ☐ Lack of exercise
- ☐ Poor nutrition
- ☐ Sleep problems

5. Time management

- ☐ Procrastination
- ☐ Overcommitting
- ☐ Ineffective planning
- ☐ Lack of prioritization

6. Other (Please specify): _____

2. Identify 3 Daily Moments Where Your Energy Drops Sharply

Select your top 3 daily moments where you experience a significant drop in energy:

(Select one option for each number)

1. Morning (upon waking)

- ☐ Difficulty getting out of bed
- ☐ Lack of motivation
- ☐ Feeling groggy

2. Mid-Morning

- ☐ After breakfast
- ☐ During meetings
- ☐ While working on tasks

3. Afternoon

- ☐ Post-lunch slump
- ☐ After long periods of work
- ☐ During routine tasks

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4. Evening

- ☐ After work hours
- ☐ While preparing dinner
- ☐ Before bedtime

5. Other (Please specify): _____

3. Record Physical and Emotional Symptoms When Overwhelmed

Select the symptoms you experience when feeling overwhelmed:

(Select all that apply)

- ☐ Fatigue
- ☐ Headaches
- ☐ Muscle tension
- ☐ Irritability
- ☐ Anxiety
- ☐ Sadness
- ☐ Difficulty concentrating
- ☐ Sleep disturbances
- ☐ Changes in appetite
- ☐ Other (Please specify): _____

****Reflection**:**

After completing this worksheet, take a moment to reflect on your selections.

- What patterns do you notice?
- How can you address these stressors, and energy drops in your daily life?

Next Steps:

If you wish to discuss your findings with a coach to develop strategies for managing these stressors effectively.

Please contact dr Joy Irobi (burnoutandfortitude@gmail.com); [Burnout And Fortitude – Shift Burnout to Boundless Energy](#)