



# *Your Burnout Barometer*

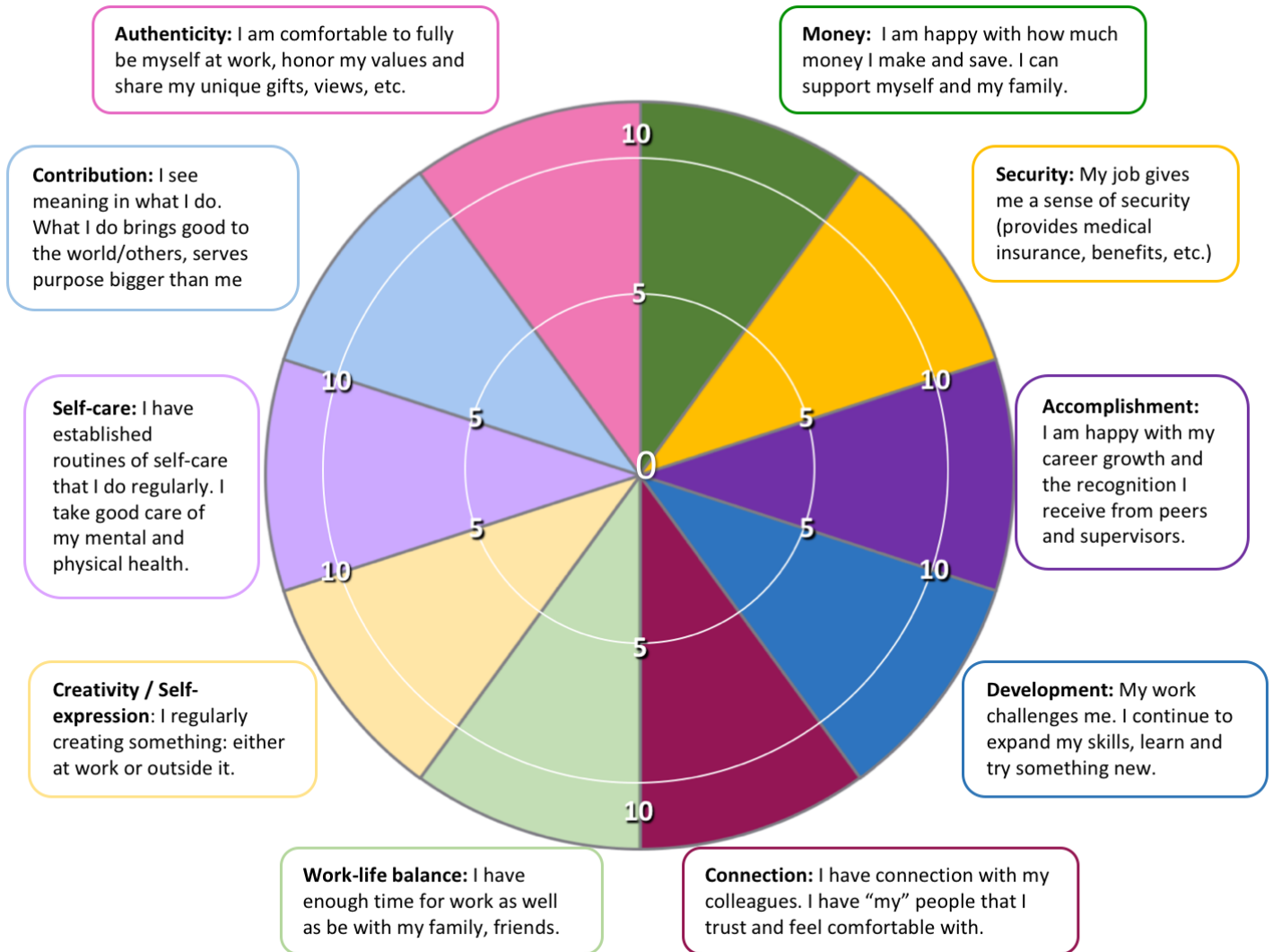
You have a successful career, achieved a lot and...  
you are struggling to find meaning in your work,  
tired of running on the hamster wheel of your to-do list,  
feeling like your job is sucking the life out of you.

Now what?...

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CAREER | PERSONAL GROWTH

The 10 sections in the **Burnout Barometer** below represent various aspects of the work, that cumulatively contribute to how satisfied (or stressed) you feel at your job right now. These include more traditional measures of career success (such as achievement and money), as well as "softer" measures, which determine whether your work is enhancing or detrimental to your physical, emotional and spiritual wellbeing.

## 1. Seeing the center of the wheel as zero, rate your current level of satisfaction in each of the areas by drawing a straight or curved line to create a new outer edge:



## 2. Look at the new perimeter that you have created.

How is your work pressure? One way of interpreting the results is to see it as a wheel of your work satisfaction. If this was a real wheel, how bumpy would the ride be? What new insights about your work did you get from doing this exercise? Were there any surprises, or did anything that you have known for a long time present itself once more?

### 3. Let's look at what matter to you most.

In the table below, select 3-5 aspects of work that matter the most to you personally at this time (rank them all, if you feel like it). For each of these areas, record your current level of satisfaction (refer to the wheel on the previous page). What do you see? How satisfied are you in the areas that are the most important to you? In the space provided, jot down a few ideas of what changes in each area would make you **happier** at work (don't think *how* you would get there, just imagine "if you had a magic wand" type of a situation, play with it).

Area	Rank	Current score of satisfaction	What changes made in this area would increase my satisfaction and reduce stress at work?
Money			
Security			
Accomplishment			
Development			
Connection			
Work-life balance			
Creativity / self-expression			
Self-care			
Contribution			
Authenticity			

## 4. Bonus Tip: Watch Out for This Common Pitfall:



### Believing your "itty bitty gritty committee."

This committee, a.k.a. your Inner Critic, is made up of your internal resistances, and will always find tiny details to focus on to keep you from moving forward. It will tell you that you can't do this, you're not good enough, don't deserve this, and brings up all kinds of "what-ifs". When you believe it, you don't take action. The result: you settle and stay stuck. Don't let this happen to you!

For example, on the previous page the Committee might have told you: "How happy am I with my work? Using "work" and "happy" in one sentence?! This is ridiculous! It is called "work" for a reason. You are not supposed to enjoy it. Just men up (or women up as the case may be) and keep pushing through, like we've always done!"

This Committee sincerely thinks it is helping you and keeping you safe, but in reality, all it does is making you stay stuck and settle to something that is not working for you. Shush that committee and get curious! Let yourself think what do you *really* want. After all, at this stage you don't need to take any actions, just fill out a form! Do not think of "how will I do this", for now. Think of what do you DESIRE!

### Discover Your Next Steps.

I hope that by doing this exercise, you have a better understanding of your relationship with work and career. Perhaps, you've discovered action steps you can take *right now* to ensure your work will fulfill you, pay you well, and invigorate you, so you can enjoy your life more than ever!

Then again, you might find yourself wondering, "What Do I Do Next?" How do you make the leap from where you are now, to where you want to be? What do you do if you find yourself "stuck" again, because let's face it obstacles will continue to pop up as you move out of your comfort zone and toward your goal!

I'd be honored to help you design your next steps, so that you can begin moving from where you are now to where you want to be with clarity and confidence. You're invited to join me for a complimentary, no-obligation **Clarity Session**, where together, we will:

- **Define your next steps** on your journey toward a career you love.
- **Outline a specific plan** for implementing those next steps.
- **Make powerful forward progress**, so you can begin living a happier and more fulfilling life NOW!

### Schedule Your Complimentary Clarity Session Here:

<https://svetaparilova.com/calendar>

# Meet Sveta



**Hi, I am Sveta,**

After building a successful career and spending almost two decades in the finance industry in New York City, I experienced firsthand how stressful work can get and how this can affect one's life, health and relationships. I know how it feels - working super hard and giving all of you to your work (and more) so you have none left for yourself or your loved ones, feeling burnt out, running on a "hamster wheel" with no time to stop and think what do you really desire and how to get there.

**There is another way!**

I also know that there is another way of being and doing your work, which is much more sustainable, surprisingly as successful and infinitely more enjoyable. I've experienced that too. This works in the corporate world and you can start doing this right now, right where you are.

This is why I chose to leave my lucrative job, and start this project of helping professionals just like you.

If you've had enough of "pushing through", if you want to feel in control and be proud about how you do your job, make the impact *you* want, and have energy to be present at work as well as for your loved ones, then I'll be happy to support you. I've done it, I've seen others do this, and so can you! I believe in you!

**Let's explore how you can jump off the hamster wheel!**

**Book your 30-minute no obligation CLARITY SESSION here:**

<https://svetaparilova.com/calendar>

Svetlana, MA, CPC, ELI-MP, was born in Siberia, Russia and moved to the US almost two decades ago. She spent close to two decades in the financial sector where her most recent position was a Senior Vice President managing half a billion dollars portfolio of corporate clients. In addition to her extensive corporate and international experience, Svetlana is a Certified Professional Coach through the Institute of Professional Excellency in Coaching (iPEC) and Master Practitioner of the Energy Leadership Index administered by iPEC.