THE FIREPROOF LEADERSHIP SELF-ASSESSMENT

A ONE Method Burnout Diagnostic

Rate each statement from 1 (Rarely True) to 5 (Almost Always True), based on your life right now — not the version of you that has it all together. Circle your score for each item.

O OWN — *Naming your reality*

I can tell the difference between being tired and being burned out.	1	2	3	4	5
I've acknowledged, at least to myself, that my current pace isn't sustainable.	1	2	3	4	5
I know specifically what is draining me most right now.	1	2	3	4	5
I take ownership of my wellbeing instead of waiting for someone else to fix it for me.	1	2	3	4	5

N NAVIGATE — *Protecting your boundaries*

I have clear boundaries between my work life and personal life, and I hold them.	1	2	3	4	5
I say no to requests that don't align with my priorities, even when it's uncomfortable.	1	2	3	4	5
I ask for help or delegate before I reach a breaking point.	1	2	3	4	5
I protect time for rest and recovery, not just when there happens to be space for it.	1	2	3	4	5

E ELEVATE — *Leading from purpose*

I lead from purpose most days, not just obligation.	1	2	3	4	5
I feel like the leader I am, not just the leader my role demands.	1	2	3	4	5
My current pace could be sustained for another 3-5 years without major cost to my health or relationships.	1	2	3	4	5
I have people or practices in my life that actively replenish me.	1	2	3	4	5

SCORING (add all 12 circled numbers, 12-60 total)

50-60	**BURNING BRIGHT**	Leading from ownership, boundaries, and purpose. Protect it.
38-49	**HOLDING THE LINE**	Managing, but the margin is thin. Start with your lowest section.
25-37	**SMOLDERING**	Early-stage burnout risk, often invisible from the outside.
12-24	**BURNING OUT**	Significant burnout risk right now. Get support today.