



610 E Bell Rd, #2-346  
Phoenix, AZ 85022  
Main: 602-298-1129  
Fax: 602-298-6285  
[www.exnerassociates.com](http://www.exnerassociates.com)  
[dexner@exnerassociates.com](mailto:dexner@exnerassociates.com)

## Ten Signs of Career Burnout

1. You dread going to work and watch the clock all day.
2. You spend lots of your time complaining about your work.
3. You procrastinate and find it difficult to concentrate on your work.
4. You have a thirst for learning and you're not learning anything new in your work.
5. Most of the time, you feel burned out rather than energized at the end of the workday.
6. You have physical symptoms such as constant fatigue or oversleeping.
7. You feel overwhelmed by simple tasks at work.
8. You picked your career because it was practical but it was never a good fit for you.
9. You are bored at work and/or don't care about the quality of your work.
10. You feel that your work does not make a contribution or is not aligned with your values.