Figure 3.1
Self-Awareness and Self-Monitoring Form

1. Identify current or possible burnout risk factors.

<table>
<thead>
<tr>
<th>Counselor-Induced</th>
<th>Agency-Induced</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Traits</td>
<td>Lifestyle Habits</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Put an “*” next to any risk factors that are most concerning to you.

3. How are these risk factors impacting your personal life?

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________________________________________________________________________________________________________
________________________________________________________________________________________________________

4. How are these risk factors impacting your professional life?

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_______________________________________________________________________
_______________________________________________________________________

5. What risk factors can be changed? How?

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________________________________________________________________________________________________________

6. Consider asking for feedback from your colleagues, family, or friends.

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