

# THE HOA VOLUNTEER BURNOUT CHECK

GAUGE YOUR CURRENT LEADERSHIP HEALTH BY HONESTLY ASSESSING YOUR BALANCE, GROWTH, AND BOUNDARY PRACTICES.

always sometimes never

Articulate the purpose of my leadership title.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set and communicate boundaries for my time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take time off to rest and recover.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Look for the "truth" to eliminate feelings of anxiety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use my influence to ensure others "win".	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forgive quickly after a conflict or disagreement.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Give my full attention when someone speaks to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Daily habit of speaking encouraging statements.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Actively seek out new knowledge or experiences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delegate tasks to others to build their skills.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contribute my gifts to initiatives (for free).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel fully refreshed after my scheduled breaks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Maintain device-free periods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clearly identify what I want to see transformed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connect with new people to relate and influence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Allow a supportive community into my inner circle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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