



Burnout to Balance: A Private Self-Assessment for High-Performing Men

Discover where you stand and what to do next. A 2-minute assessment designed for founders, leaders, and dads silently stuck in overdrive.

By [Syndicate Council](#)

Success often leads to burnout in high-performing men who miss warning signs and struggle silently.

The Success Paradox

The Hidden Truth

Success doesn't protect you from burnout—it often guarantees it.

The Warning Signs

High performers often miss burnout signals until they're severe.

The Silent Struggle

Many men suffer in silence, believing vulnerability equals weakness.



Are You at Risk?

Recognize burnout warning signs: mental fogginess, digital distraction, reduced satisfaction in achievements, and increasing irritability with others.



Mental Fog

You feel emotionally numb or mentally foggy more than 3 days per week.



Disconnection

You struggle being present with family without checking your phone.



Diminished Joy

Wins in your business bring you less joy than they used to.



Rising Irritability

You're increasingly impatient or disconnected from team or family.





Complete Your Assessment

A simple four-step process to assess your burnout level and receive personalized guidance for recovery.

1 Answer Honestly

This is for you alone. Complete honesty yields the most valuable insights.

2 Score Each Question

Each "Yes" equals one point. Total your score from all ten questions.

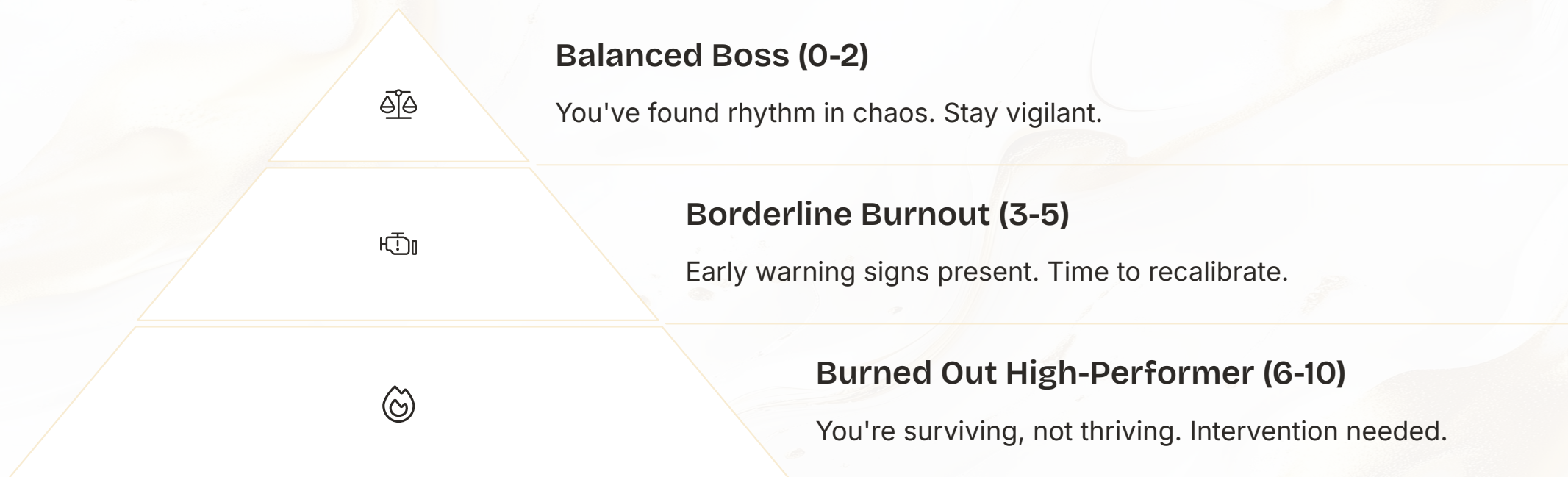
3 Review Your Results

Your final score will place you in one of three categories.

4 Consider Next Steps

We provide targeted recommendations based on your specific score.

Understanding Your Score



Quick Wins for Recovery

Non-Negotiable Time Blocks

Schedule 30 minutes daily for something that fills your tank.



Physical Reset

Move your body daily. Even 10 minutes makes a difference.



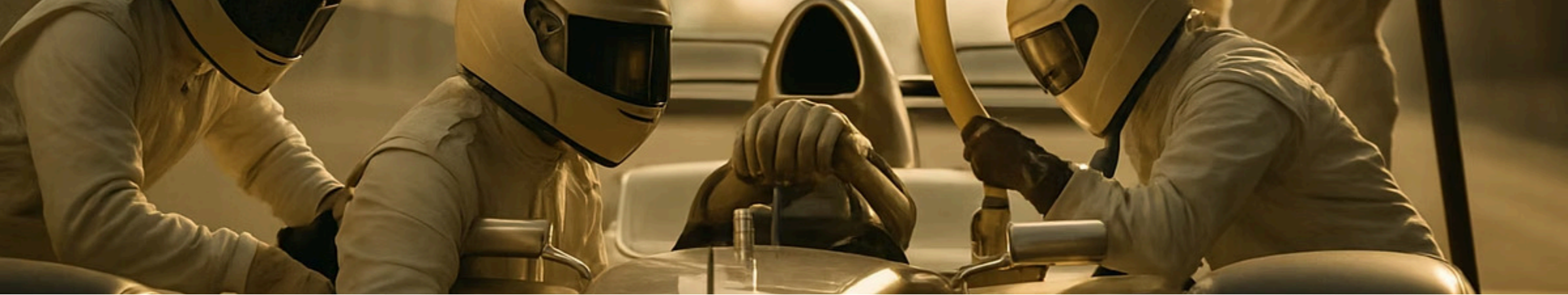
Sleep Sanctuary

Create a device-free bedroom. Aim for 7+ hours of sleep.



Vulnerability Practice

Share your struggle with one trusted person this week.



This Isn't About Slowing Down

Strategic recovery accelerates performance. High performers who implement recovery practices see significant improvements in productivity, creativity, and relationships.

87%

Recovery Rate

High performers who implement structured recovery see improvement in 3 weeks.

3x

Productivity Impact

Balanced leaders show triple the creative output of burned-out peers.

62%

Relationship Improvement

Men who address burnout report stronger personal connections.

Your Next Step: The Reset You Need

Take action on your burnout assessment by joining like-minded high-performers for a systematic reset experience.



Recognize the Warning Signs

You've completed the assessment. You know where you stand.



Join Us in Laguna Beach

Get in the room with men who understand your challenges.



Reset Your Systems

Don't wait for rock bottom. Draw the line now.

Ready for a complete reset? [Join us at the Annual Business Summit: Learn More](#)