

10 Signs You Know You're Burned Out at Work

Feeling drained and unmotivated at work? You're not alone. Burnout is real, and it's more than just a bad week - it's a signal that it's time for change. Here are 10 signs you might be experiencing burnout. If you're nodding your head at more than a few, it might be time to consider a new path. Maybe it's time to explore business ownership and finally work for yourself.



- 1 You dread Monday mornings**
... and Tuesday, Wednesday, and Thursday
- 2 Your to-do list never seems to end**
and you're always playing catch-up.
- 3 You feel disconnected from your work**
- just going through the motions.
- 4 Every day feels like you're just surviving**
not thriving.
- 5 Small tasks**
feel like monumental hurdles.
- 6 You're constantly exhausted**
even after a full night's sleep.
- 7 You find yourself daydreaming**
about doing anything else - literally anything

10 Signs You Know

You're Burned Out at Work

- **Prevalence:** A 2024 survey by the Upwork Research Institute found that 71% of full-time IT employees report feeling burned out, with 65% struggling to meet increasing employer demands on productivity. [CIO](#)
- **Workload Challenges:** Over half (58%) of IT workers feel overwhelmed by daily tasks, and on average, they can only address 85% of the support tickets they receive each day. [CIO](#)
- **Expanding Responsibilities:** IT professionals often find themselves handling tasks beyond their primary roles, such as cybersecurity issues (39%), internal security concerns (26%), and dealing with budget constraints (25%).

8

Your passion

for your career has fizzled out.

9

You're working harder than ever

but feeling less fulfilled.

10

You've started to wonder

... is this really it?

If you checked off more than a few of these signs, it's time to explore your next move. Business ownership could be the path to freedom and fulfillment you've been searching for. Let's connect and explore the possibilities - your future might just be one decision away.

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