

Happy

Practice Checklist



Download this simple checklist to give you a head start on avoiding burnout in your practice



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BURNOUT TO HAPPINESS: QUICK CHECK

BURNOUT-ABILITY

HOW CONFIDENT ARE YOU TO MAKE POSITIVE CHANGE IN EACH CATEGORY BELOW TO INCREASE PRACTICE HAPPINESS AND PROTECT YOUR TEAM FROM BURNOUT? YOUR CONFIDENCE LEVELS ARE A GOOD INDICATOR OF HOW SUSCEPTIBLE YOUR TEAM WILL BE TO BURNOUT! IMPROVING ANY ONE OF THESE AREAS WILL NUDGE YOUR PRACTICE (& YOU!) HIGHER ON THE HAPPINESS SCALE.

REDUCE YOUR ADMINISTRATIVE TASK WORKLOAD

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ABILITY TO HIRE SUPPORT STAFF

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

STREAMLINE TASKS/WORKFLOWS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ADD MINDFULNESS TO YOUR WORKDAY

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

REDUCE UNNECESSARY EMAILS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

RATE YOUR

BURNOUT-ABILITY

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SCHEDULE AND HONOR SELF-CARE TIME

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ESTABLISH A PRACTICE CULTURE OF WELLNESS

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

PROVIDE RESOURCES FOR SELF-CARE

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

ALIGN PAYMENT PRACTICES WITH TEAM WELL-BEING

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				

MODIFY POLICIES THAT SUPPORT OVERWORK

1	2	3	4	5	6	7	8	9	10
NOT VERY					EXTREMELY				