



BRAAINS Framework™ Audit

Is your work environment neurologically sustainable, or is it silently burning people out?

Burnout Support Society Presents:

BRAAINS Framework™ Audit

Burnout doesn't mean that you're weak, fragile, or unambitious.

Your environment is actively working against your nervous system.

Your brain is responding to perceived threat appropriately.

Purpose: This assessment will show you exactly *where* that misalignment is happening and what it's costing you.

How this works

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree). This assessment reveals how aligned your environment is with your brain. When answering, be honest with yourself. This isn't about being resilient, this is about identifying what's draining you.

B – Brain Activation

Item	Score
	1 (Strongly Disagree) to 5 (Strongly Agree)
I feel like I actually belong at work	
I don't feel like I have to constantly prove my worth just to be accepted	

R – Rewards

Item	Score
	1 (Strongly Disagree) to 5 (Strongly Agree)
I can see the impact of the work I'm doing	
When I put in effort, it doesn't feel like it disappears into a void	

A – Attention

Item	Score
	1 (Strongly Disagree) to 5 (Strongly Agree)
I have enough uninterrupted time to focus on meaningful work	
My day doesn't feel like constant chaos and switching between tasks	

A – Autonomy

Item	Score 1 (Strongly Disagree) to 5 (Strongly Agree)
I have a say in how I approach my work	
I'm not constantly being micromanaged or second-guessed	

I – Identity

Item	Score 1 (Strongly Disagree) to 5 (Strongly Agree)
The work I do aligns with what I care about	
I can connect what I do daily to something meaningful	

N – Neuro-awareness

Item	Score 1 (Strongly Disagree) to 5 (Strongly Agree)
I can tell when I'm getting overwhelmed before I crash	
I know what actually helps me reset when I'm drained	

S – Safety

Item	Score 1 (Strongly Disagree) to 5 (Strongly Agree)
I feel safe speaking up without worrying about backlash	
I'm not constantly anxious about making mistakes	

How to score

Add your scores up to get a total score, then divide your total score by 14 (the number of questions) to get your average score.

1 – 2.53 →  Burnout Risk Zone

Your environment is working *against* your brain.
Burnout isn't coming. It's already happening.

2.4 – 2.95 →  Strain Zone

You're holding it together... but it's not sustainable.

2.96 – 5 →  Sustainable Zone

Things are working, for now. But there's still room to optimize.

What you can do

First things first, congratulations for being honest with yourself and taking the first actionable step towards balance.

Remember, burnout is almost never a personal failure but almost always a feature of the system that you work or even live within day-to-day.

If you want help fixing your BRAAINS system:

→ [Book a Free Discovery Call](#)

→ [Join the Burnout Support Society](#)

For any questions about this doc, reach out to:

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