

Burnout Bingo

Scan the card & mark your squares
Got 5 in a row? Comment your Bingo.
Tag a colleague to play!
Feeling bold? Try for a blackout.

Inbox never empties	Tasks feel pointless	Skipped lunch again	Always multi-tasking	No room to grow
Team tension rising	Unclear priorities	Feeling replaceable	Low or no trust in leaders	No time for breaks
Working late often	Avoiding feedback	FREE SPACE	Micro-managed daily	Works bleeds into life
Lost sense of purpose	Always on call	Feeling stuck	No peer support	Low motivation
No time to think	Avoiding hard convos	No recognition	Silence in meetings	Disconnect from team