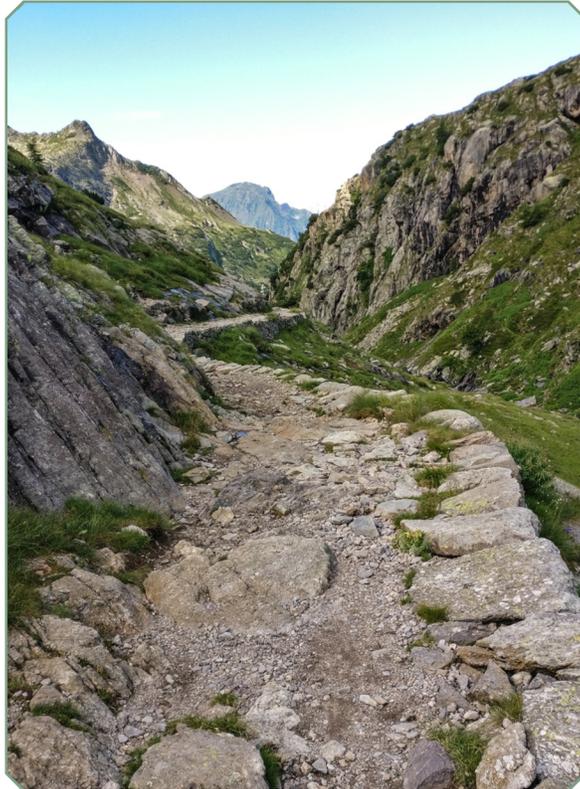


# COMPASSION FATIGUE CHECK-IN

## *Quick Assessment & Action Plan*

*You can't pour from an empty cup, and you can't refill it if you don't know what's draining it.*



**Samantha "Sam" Tishner-Lamb**  
Speaker, Author, Relationship Coach  
[HealFirstCoaching.com](http://HealFirstCoaching.com)



# SELF-ASSESSMENT

## *& Action Plan*

"AM I EXPERIENCING IT?" CHECK LIST	YES	NO
I am feeling unusually irritable or cynical?	<input type="checkbox"/>	<input type="checkbox"/>
I have difficulty sleeping or constant fatigue?	<input type="checkbox"/>	<input type="checkbox"/>
I have a loss of enjoyment in hobbies or personal life?	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing an increased difficulty empathizing with clients/patients?	<input type="checkbox"/>	<input type="checkbox"/>
I'm experiencing intrusive thoughts about work?	<input type="checkbox"/>	<input type="checkbox"/>

### **If You Checked 'Yes' to 1-2 Items:**

Focus on **Restoration** (e.g., dedicated sleep, mindful breaks, reconnecting with nature).

### **If You Checked 'Yes' to 3+ Items:**

Prioritize **Re-evaluation** (e.g., strengthen boundaries, seek professional support, consider a planned break)."

### **Immediate Action Steps:**

- **Schedule a 15-minute 'unplug' session today.**
  - Consider a "White Noise Meeting." Instructions are on page
- **Reach out to one trusted colleague for a debrief.**
  - If you are not looking for advice, ask you friend to listen for a bit. Don't burn them out but briefly share what is weighing heavy on you.
- **Plan one enjoyable non-work activity for the next 24 hours.**
  - Review your Self-Care Tool Kit and select 1-3 things you can do to help you take a break and reset.

*Daily Gratitude*  
**G.L.A.D. TECHNIQUE**

**Gratitude:** Today, I am Grateful for:

.....  
.....  
.....

**Learning:** Today, I learned:

.....  
.....  
.....

**Accomplishment:** Today, I accomplished

.....  
.....  
.....

**Delight:** Today, I was delighted by:

.....  
.....  
.....

My dear friend,

As you continue on your journey, I want to express my deepest gratitude for the time we have shared. I hope this guide has been a gateway to new beginnings and has sparked a flame within you for personal renewal and self-care. ✨

Remember, the path to clarity, passion, self-love, and healthy relationships is a journey – one that is unique to every one of us. If you feel the call to dive deeper and shape a life that resonates with your heart, I invite you to book a **Hope Strategy Call** [<http://meetwithsam.us>] with me. I'd love to hear your story and together, we can explore the avenues that lead to a more vibrant, loving, and purposeful you. ❤️

Thank you again for allowing me to be a part of your journey. Here's to embracing new ideas and the beauty of becoming. 🌸

With heartfelt wishes of peace, love, and joy,

Sam ❤️

## *about the speaker*



Hope Strategy  
Session >>



I'm Sam, a dedicated Relationship/Divorce Coach on a mission to guide and uplift women navigating the complex journey of rebuilding after divorce or loss. With personal experience and professional certifications, I offer a unique blend of empathy and actionable insights. I specialize in helping you heal, rediscover your true self, and design a future that aligns with your deepest desires. With a background in Corporate America and training from Health Coach Institute and PSYCH-K®, my approach is rooted in practicality and transformative power. Let's create your new chapter, your new beginning, filled with peace, love, and boundless joy.

Come, let our paths intersect in your journey. Allow me to stand by your side as you discover your true self and rekindle a love affair with your life. Together, we will orchestrate a symphony of renewal, crafting a future that resonates with your true desires.

For more information, visit [www.HealFirstCoaching.com](http://www.HealFirstCoaching.com).