

# The CEO

# Overwhelm Scorecard

Find Out What's Really Draining  
Your Time, Energy & Focus  
in Just 3 Minutes

Stop carrying your business in your head. Discover what's creating the overwhelm, identify where support is needed, and uncover practical ways to lighten your workload.



*Less Hustle.  
More Systems. More Life.*

# The CEO Overwhelm Scorecard

Check each statement that feels true for you right now.

I regularly work evenings or weekends to catch up.

I feel like there aren't enough hours in the day.

I spend more time managing tasks than growing my business.

I struggle to take time off without worrying about what I'll return to.

I keep most business information in my head.

I constantly worry I'll forget something important.

I feel responsible for everything in my business.

I often feel scattered or pulled in too many directions.

I don't have documented processes for recurring tasks.

Things sometimes fall through the cracks.

Finding information takes longer than it should.

I know I need better systems but don't know where to start.

I do tasks someone else could probably handle.

I delay delegating because it feels faster to do it myself.

I don't have enough support in my business.

I am the bottleneck for decisions, approvals, or information.

## How to Score:

Count the number of boxes checked. Turn the page to see what your score means.

# What Your Score Means

**0–4** You're managing fairly well.

**5–8** You're carrying more than you should.

**9–12** You're operating in overwhelm mode.

**13–16** Your business depends too heavily on you.

## Ready for Some Relief?

Book a complimentary Overwhelm Relief Session with me.

Email [KarenRepoli@gmail.com](mailto:KarenRepoli@gmail.com) to schedule your session.