

Clues It May Be Time to Find a More Fulfilling Job

Review the list of clues below and check the ones that you have experienced over the past two weeks.

- I experience physiological symptoms of dreading going to work: stomachache, headache, body aches, lethargy, etc.
- I am unable to identify anything positive or enjoyable about my job.
- I am unable to identify anything positive about my employer.
- When people ask me how work is going my response might be: fine, awful, sucks, frustrating, hate it.
- I have learned everything I can in my current role.
- I have accomplished everything I set out to in this role.
- I have had conversations with my boss about my lack of fulfillment over an extended period of time and nothing has changed with my current role.
- I dread Sunday night or Monday morning.
- I dread my commute to work (or walk to my desk) most mornings.
- I feel relief when I leave work most days.
- I am not contributing my gifts and talents in a regular or meaningful way at work.



- I do not enjoy my work environment.
- I believe my work environment is toxic.
- I carry my feelings of displeasure about my work into my personal life.
- I feel jealous or frustrated by people who love their work.
- I can't remember the last time I felt joy at work.
- My loved ones have commented on how miserable I seem in regards to work.
- I can't remember the last time I felt "in the zone" at work and time flew by in a meaningful way.
- I complain about my job, my boss, and/or my employer to others.
- I dislike the person I am at work.
- I don't love my job; I don't even like my job.
- I find myself lacking motivation at work.
- There is a misalignment between me and the expectations of the role or the company culture.
- I find myself feeling angry or frustrated every time I think about work.
- I don't feel like myself at work.
- I view my job as simply a paycheck.
- I don't have positive relationships or friendships with anyone at work.
- I do not respect the leadership of the organization.
- I have no idea what I want to do next, but I do know it's not this.



RESULTS

- If you checked 5 or more clues, it's time to take inventory on what the past two weeks have looked like for you. Were these weeks unusually busy? Were you experiencing more personal stress? Are the clues you selected symptomatic and ongoing or were they isolated as a result of something unexpected or short-lived at work?
 - If you checked 6 or more of the clues, it may be time to consider making a change. A change in job, career, employer or all of the above.
-

REFLECT

- For each of the items you selected, consider how long you have been experiencing it. The longer you've been experiencing these things, the more serious you may need to get about changing jobs.
- For each of the items you selected, rate the severity in which you are experiencing it on a scale 1-10. 1 = minor impact of the item, impacting you 5-10% of the time; 10 = most significant and profound impact of the item, impacting you 90-100% of the time.
- Of all of the items you selected, which one is having the most significant impact on you?
- Consider what has prevented you from making a change up to this point.
- Contemplate what needs to be different in your life in order to make a change.
- If you could wave a magic wand and change one item you are experiencing from the above list, which one would you change and how would you change it?



NEXT STEPS

- If you are ready to make a change, but are unsure of how to do it, contact Mandy Nycz, Career Coach, mandy@inspiredtraining.net, for a free 20-minute phone consult.
- If you are feeling uncertain, stuck, frustrated and burned out with your career and don't know what to do about it:
 - The **Career Fulfillment Blueprint Course** will help you discover your authentic self and map a route to career fulfillment.
 - For more information, go to: inspiredtraining.net/career-fulfillment-blueprint-course.

