



**Is it
time to
leave
your
job?**

Bail or stay? What your work
attitude is telling you



ANGELA JORDEN COACHING

Leaving a job is a tricky thing. We all have bad days at work and it doesn't necessarily mean it's time to put in your two-week notice.

You don't want to high-tail it out of there if it's fixable. But if it's draining the life out of you, it might be time to evaluate how its affecting you.



Here's a quick and easy quiz to help put things into perspective...

What are you feeling on a daily basis when you're on your way to work?



- A. Anxious and sad**
- B. Calm and confident**
- C. Indifferent and accepting**

What are you feeling on a daily basis when you're leaving work?



- A. Immense relief and anxiety about tomorrow**
- B. Energized and excited about tomorrow's projects**
- C. Meh, just happy to go home**

How would you describe your boss?



- A. Toxic, moody and clueless**
- B. Cool, I lucked out**
- C. I wouldn't be friends with them outside work, but they're o.k.**

What is your relationship with your co-workers?



A. They're negative and gossipy; I don't spend much time with them.

B. I like most of them; we lunch together a lot.

C. They're o.k.; we're all in this together, right?

How do you feel about your job?



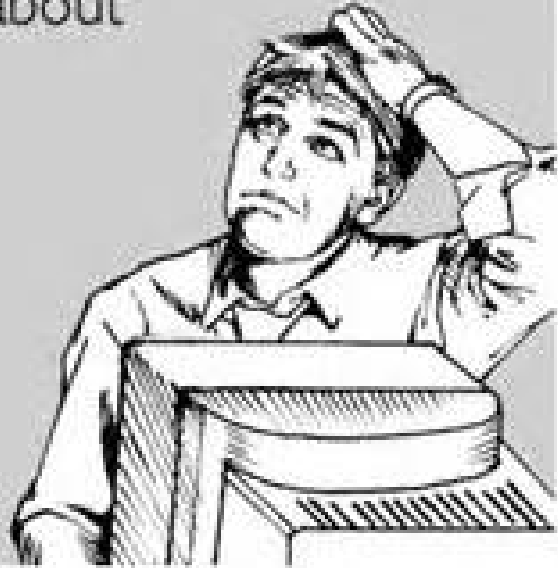
A. I've wanted to leave since the second day. It's horrible.

B. I am challenged in a good way and I enjoy most elements of it.

C. It's a job; it's a means to an end.

What keeps you at your job?

The next best thing to quitting my job is fantasizing about quitting my job.



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A. Fear; it's too hard to change.

B. It's a good challenge, the salary is nice and it will look good on my resume.

C. A paycheck and benefits.

Do you feel valued at your job?



A. No; No one seems to realize how much I contribute.

B. Yes; I get praise and credit for my work.

C. A 2% raise and an occasional pat on the back? Meh.

Tally up the how many times you answered A, B or C.

Mostly As:

It's time to take a hard look at how this job is affecting you physically, mentally and emotionally. You need to get out. Do you need to change careers? Should you be your own boss?

Remember that it's easier to find a job when you still have one. Think it through and assess your finances.

Many resources are at your disposal! Find a good match.

Counselor • Recruiter • Online job site • Career coach • Library resources • Job training office

Tally up the how many times you answered A, B or C.

Mostly Bs:

Sounds like you've found a great fit for your talents and skills set. Good for you! Don't fix what ain't broken and stay put.



Tally up the how many times you answered A, B or C.

Mostly Cs:

You've probably considered quitting several times, but the pros of staying there outweigh the cons for now. It might be time to evaluate your career to see if something else resonates with you. If you're comfortable staying just for the paycheck, enjoy your outside life more!



Need help with the next step? There are many resources available. For a free introductory session with me (no obligation), click a link below. For a referral or recommendation, contact me at angela@resetyourhappy.com or 317-691-3514. I'm ready to reset your happy when you are!

Free introductory session in person (Indianapolis-area):

<https://www.timetrade.com/book/N36GQ>

Free introductory session on the phone:

<https://www.timetrade.com/book/K7P32>