

HOW DO I KNOW WHEN TO QUIT MY JOB?

You may feel like there is no way to quit your job right now, and that may be true if you are unwilling to be real with yourself. You have to take action and make a decision about your current situation. Until you are ready to make a decision, you will never leave your job. Use the questions below to guide your journey. This worksheet was created to help you explore if you are ready to take that leap to “quit your job.”

1. Do you feel positive or negative about your current job? Why?
2. Have you felt extreme feelings of stress or sadness in relation to your job? Why?
3. Do you feel challenged in your current position? Do you desire to learn more about your profession?
4. Do you desire to become a supervisor or have a goal for the current position that you are in?
5. Have you felt the urge to leave your current position? If so, what hold you back?
6. Do you enjoy the everyday tasks that are associated with your job? Do you have passion for your job (do you enjoy most aspects of your job)?
7. Has fear held you back from starting to create a plan to leave your job?

- Use the chart to below to identify what you value the most about your job. This will help you as you move forward with your decision.
- Identify what's wrong with your job, so that you can reflect on the next steps that you should take.

What's Right About Your Job?	What's Wrong With Your Job?

Reflective Questions

1. What do you value the most about your job?

2. What are you most unsatisfied with about your job? Is there anything that you can do to improve your current situation without leaving? **Only focus on the things that you can actually control.**

3. Consider what you would pursue if you had to leave your job. What are your options?