

## Job Change Quiz

### So how do you know when it's time to change up what you are doing?

Over my career I have changed jobs when I felt restless. That seemed to be every about 5 years. I changed more often earlier in my career when I had made poor decisions or when something came along that looked like a sure thing, someplace I could make more money...or just feel happier.

I would also change because I grew bored or that the challenge either became too great or not hard enough. I changed because I hated my boss or because I was sick of my responsibilities. I am not sure what the real formula is but certainly there are things to consider

Loyalty is a reason to stay as is happiness and contentment. Loyalty alone doesn't cut it. What are real reasons to think about changing? Take the following quiz...and then see how you feel after...

### Questions to consider if it is "time" to stay or go:

How do I feel on Sunday nights?

Is my work meaningful to me?

Do I do something that makes my heart feel good?

Are my co workers content?

Does my boss appreciate me?

Why should I stay? Do I receive some sort of great "package" that worth mortgaging your life?

I would rate my stress level a \_\_\_ on a scale of 1-10 (one I am a buddha and 10 my hair is on fire all the time)

Are you financially making what you wish for your duties and expectations?

Are there any really great opportunities out there?

What am I trading if I should choose to leave?

Write down all the good things about your current job and all the things you hate. How is the balance? More hate than like or more like than hate?

Are you really unhappy or just bored? Is there a way to challenge yourself in your current job or is there another opportunity within your same company?

Does the company and their mission align with yours?

Have things changed in a way that the company is not the same (merger, product quality changes, etc.)

What do you see as the future for your company?

Is your company keeping up with the market?

How does this work fit in with your lifestyle?

## Job Change Quiz (cont.)

**Finish these sentences:**

If I were to die tomorrow I would be... I spent my time....

I stay at this job because...

The most meaningful part of my work is...

The most satisfying part of my work is...

The thing I hate the most about my work is....

I like/dislike my boss because....

This company is...

If I stayed here 10 more years I ...

The reason I took this job in the first place...

Friday is...

My accomplishments this past year were?

I have to accomplish... and ...

The opportunities at this place...

If I could make this happen....

While this is not all the questions one may consider, it could offer a starting point.

Changing jobs is exciting and scary. It can be a new and perfect way to stretch yourself. And it can be a way to financial independence. Of course there are always risks.

I have found that if I continue to strive to do the best I can and keep growing it has beneficial whether I go or stay. Over all I believe that changing jobs can be one of the best things one can ever decide to do.

Satisfaction and happiness always are a choice and yes, we can find it just where we are or we can just keep on changing until we find it.