



IS IT TIME TO LEAVE YOUR JOB?

Your 15-Point Decision Guide

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Feeling stuck in your current job? Is it time for a change?

Reflect on each statement and honestly evaluate your current job situation.

Let's find out if it's time for a fresh start!

1 I often feel underutilised in my current role.

2. My job does not align with my personal values or passions.

3. I rarely feel accomplished or satisfied at the end of the workday.

4. I haven't learned any new skills or grown professionally in a while.

5. There are limited or no opportunities for advancement in my current role.

6. I feel that my talents would be better utilised in a different job.

7. The work environment is often negative or toxic.

8. I don't feel supported or valued by my colleagues or management.

9. There's a lack of work-life balance, affecting my personal life.

10. My salary does not reflect my role or responsibilities.



11. The benefits package is lacking compared to industry standards.

12. Financial concerns are a constant source of stress.

13. The company's future looks uncertain or unstable.

14. I don't see a clear or desirable career path within this organisation.

15. My job feels more like a dead end than a part of a career journey.

Scoring:

0-5 Points: You're in a fairly good spot, but stay alert to potential opportunities for advancement.

6-10 Points: There's room for improvement. Identify areas where you can grow or look for better options.

11-15 Points: It's time for some serious reflection. Consider exploring new opportunities.



Building Confidence to Embrace Change

Stepping into the unknown of a career change can often feel like standing at the edge of a new frontier. It's a journey that demands not just a leap of faith but a deep-seated belief in one's own abilities. In this pivotal moment, confidence is not just a nice-to-have; it's the fuel that drives your engine of change.

If you're like many, contemplating a shift in your career path may stir a mix of excitement and apprehension. Questions like '**Am I making the right decision?**' or '**Do I have what it takes?**' might cloud your thoughts. It's perfectly normal. After all, leaving behind the familiar for the unknown is a significant step, laden with uncertainties and what-ifs.

Yet, amidst these swirling thoughts, confidence emerges as your steadfast ally. It's the force that transforms doubt into determination and fear into fortitude. Confidence doesn't mean you have all the answers; rather, it's about **trusting in your ability to find them**. It's about believing in your potential to grow, adapt, and thrive, even in uncharted territories.

Common fears, such as **fear of failure, fear of not being good enough, or even fear of success**, are often the barriers that hold us back. But remember, these fears are not roadblocks; they're signposts, pointing towards areas for personal growth and development. Addressing these fears head-on is the first step in a journey of self-discovery and empowerment.



Building Confidence to Embrace Change

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As you embark on this journey, this section will guide you through understanding and building your confidence. We'll explore practical strategies to overcome fears, embrace your strengths, and harness the power of a positive mindset. So, let's take that first step together towards a future where you're not just surviving in your career, but thriving!

Practical Confidence-Building Strategies

While the notion of building confidence can seem daunting, it often boils down to simple, practical steps. These strategies are designed to gradually bolster your **self-assurance**, helping you navigate your career change with a sense of purpose and positivity.

Strategy 1: Setting Achievable Goals

Begin by setting small, attainable goals that lead towards your larger career objectives. This might include tasks like updating your resume, attending a networking event, or completing a relevant online course. Achieving these goals will provide a sense of progress and boost your self-confidence.



Practical Confidence-Building Strategies

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Strategy 2: Daily Affirmations

Affirmations are powerful tools in reshaping your mindset. Start your day by affirming your strengths and capabilities. Phrases like **'I am capable of achieving my career goals'** or **'I possess the skills needed to succeed in my new field'** can instill a sense of belief in your abilities. *(see our blog on our instagram @growthllt page about why affirmations work!)*

Strategy 3: Professional Development

Engaging in professional development activities such as workshops, seminars, or online courses not only enhances your skills but also builds your confidence in your professional abilities. Each new skill learned is a **stepping stone** towards feeling more confident in your career change.

Strategy 4: Positive Self-Talk

Monitor your internal dialogue. Replace negative thoughts with positive, constructive ones. Instead of thinking **'I can't do this,'** reframe it to **'I am learning and growing every day.'** Positive self-talk can significantly influence your self-esteem and confidence.



Next Steps:

Reflect on Your Career Goals: Revisit what you truly want from your job and career.

Seek Feedback and Advice: Consult with mentors, peers, or a career coach for guidance.

Explore New Opportunities: Start researching jobs that align more closely with your aspirations.

Update Your CV and LinkedIn Profile: Prepare for new opportunities that may arise.

Consider Upskilling: Enhance your employability by acquiring new skills relevant to your desired role.

Network Actively: Connect with professionals in your desired industry to gain insights and open doors to new opportunities.

Evaluate Your Work-Life Balance: Consider how a potential job change could improve your overall quality of life and personal satisfaction.

Attend Industry Events or Webinars: Stay informed about the latest trends and developments in your field, and use these events as networking opportunities.

Practice Self-Care and Mindfulness: As you navigate this period of change, remember to take care of your mental and emotional well-being.

If you feel like change is in the air make sure to check your inbox!



Need Some Help? Let's Brainstorm!

Have any questions about this checklist?
Or stuck on how to start changing your
job or career?

Send me a DM on Instagram or an email
and I'll provide you some
personal feedback and advice!

@growthllt
info@growthllt.com

Laura

www.growthllt.com