

# EVALUATION SELF-TEST

## SHOULD YOU QUIT YOUR JOB? (11-18 POINTS)

### IT WILL GO UPHILL AGAIN.

BASICALLY, YOU ARE SATISFIED WITH YOUR JOB. YOU HAVE A GOOD RELATIONSHIP WITH BOTH YOUR BOSS AND YOUR COLLEAGUES. MOST OF THE WORK IS FUN TOO.

PERHAPS YOU ARE CURRENTLY IN AN EXHAUSTING AND STRESSFUL PHASE. A LARGE ORDER CAME IN UNEXPECTEDLY, AND YOU HAVE LESS FREE TIME THAN USUAL, AND EVERYONE IN THE OFFICE IS A LITTLE MORE TENSE.

OR YOU LOOK AFTER A NEW CUSTOMER, AND BOTH YOUR CUSTOMER AND YOURSELF STILL HAVE TO GET USED TO THE NEW SITUATION AND GET TO KNOW EACH OTHER. WHAT CAN YOU DO?

- YOU ARE CURRENTLY ONLY IN A LOW, BUT THE NEXT HIGH WILL COME. TRY TO FIND YOUR FLOW AGAIN. YOU JUST NEED TO FEEL THE GOOD FEELING THAT YOUR WORK IS CONVEYING TO YOU.
- REMIND YOURSELF WHY YOU ARE DOING ALL THIS. WHAT DO YOU LIKE ABOUT YOUR JOB? WHAT DO YOU LIKE ABOUT YOUR EMPLOYER? IT WILL HELP YOU KEEP YOURSELF MOTIVATED.
- MAKE SURE YOU HAVE SOME FUN AT WORK AGAIN. SOMETIMES YOU GET A NEW MOTIVATION BOOST BY EXPERIENCING SOMETHING NICE WITH YOUR COLLEAGUES, FOR EXAMPLE CELEBRATING SUCCESS TOGETHER.