

EVALUATION SELF-TEST

SHOULD YOU QUIT YOUR JOB? (27-33 POINTS)

DARE TO RESTART.

THE ENGAGEMENT INDEX HAS SHOWN THAT AROUND EVERY FIFTH EMPLOYEE HAS ALREADY QUIT INTERNALLY. YOU PROBABLY FEEL THE SAME WAY: YOU GET A STOMACHACHE WHEN YOU THINK ABOUT WORK. AFTER A WORKING DAY, YOU FEEL TIRED AND DRAINED AND NO LONGER ENJOY WHAT YOU ARE DOING.

YOU HAVE TO DRAG YOURSELF TO WORK, AND TIME DOESN'T GO BY AT ALL. YOU ONLY EVER TAKE CRITICISM AND HAVE ALREADY GIVEN UP ON SATISFYING YOUR BOSS.

IF YOU FEEL THAT WAY, YOUR ALARM BELLS SHOULD RING. IN THE LONG RUN, YOUR JOB WILL MAKE YOU SICK. THIS IS A PROBLEMATIC FINDING, AND IN THE FIRST MOMENT, IT FEELS LIKE A DEFEAT.

BUT CONTINUING IS NOT ALWAYS THE RIGHT WAY. IF YOU NO LONGER KNOW WHAT YOU ARE DOING ALL OF THIS FOR, YOU SHOULD THINK ABOUT CHANGING YOUR PROFESSIONAL SITUATION. WHY SHOULD YOU CONTINUE TO TORTURE YOURSELF IN A JOB THAT DOESN'T DO YOU JUSTICE?