

IS IT TIME FOR A CHANGE?

FREE WORKBOOK & VIDEO INSIDE!



Take the right next step in your career

HOW TO USE THIS RESOURCE:

- 1 Access the video presentation by going to :
bit.ly/tbtftimeforchange or clicking [HERE](#).
- 2 Print & use this workbook to follow along with the presentation, take notes, & participate in activities.
- 3 If you've determined it's time for a change, we'd love to help you get clarity & understand your next steps for long term happiness! Get your complimentary personalized career fulfillment plan by going to thebridgetofulfillment.com/plan
- 4 Know a friend who could benefit from this resource? Please send them to bit.ly/tbtffreebie to get their own FREE copy!

THE TYPICAL JOURNEY

Start of Career

- *Energized & Growing*
- *Focus: climbing ladder & getting more responsibility/ impact*

- *Beginning to feel fulfilled less often & more stagnant.*
- *Recognize tradeoffs*
- *Looking to the next job or promotion to make you happy*

← ***TIPPING POINT!:*** *Increasing financial, emotional & personal risk the longer you continue on your own.*

- *Keep make changes hoping they will be better*
- *Shorter periods of time when you feel fulfilled*
- *Tell yourself you "should" be happy*
- *Everything seems to be more of the same or a sacrifice for change*

- *Feeling trapped - Increasing frustration at work*
- *Work bleeding into your life*
- *Exhausted*

- *Breakdown moment: Severe burnout OR layoff/ performance plan*

What's NEXT?

1. *Stay & increase your risk while moving towards the breakdown.*
2. *Compromise, go through a painful job search & likely be back in same cycle within 9-24 months.*

OR

3. *Start your personalized career fulfillment plan. Get the clarity & next steps you need for long term happiness.*

IS IT TIME FOR A CHANGE?

Take a moment to answer the following questions:

? Based on the last 6-9 months, how fulfilled am I on a day-to-day basis (on a scale of 1-10?)

? Am I able to "shut off" work on nights & weekends? Or does my job bleed into my life?

? Is my unhappiness caused by a short-term, recent change, OR is this a longer term issue/pattern?

? If I knew I'd be successful doing work I loved, is there any reason I wouldn't make a change?

INTERPRETING YOUR ANSWERS

IF YOU...

- Rated your happiness & fulfillment at an 8 or above,
- Don't have trouble shutting off work / stopping it from bleeding into your life,
- Or your unhappiness is caused by a short-term change (e.g. brand new leadership; a project you're currently working on),

Then you're likely right where you are meant to be.

The difference between an unbalanced season & an unbalanced life...one is normal & to be expected; the other requires serious intervention. Since your unhappiness is recent, identify what's causing it & brainstorm ideas on what actions or conversations to have to fix the issue.

IF, ON THE OTHER HAND, ANY OF THESE ARE TRUE FOR YOU...

- You rated your happiness & fulfillment at a 7 or below,
- You have trouble shutting off work on nights & weekends; work is bleeding into your life,
- Your unhappiness is caused by a longer-term issue (e.g. toxic leadership or work environment)
- Or if you knew you would be successful, you'd make the change...

Get your complimentary, personalized career fulfillment plan

Rather than hope the grass will be greener, identify what the RIGHT next step is. We can help you do just that. Get clarity on where you are on your journey to career fulfillment, where you're headed, optional paths to get there and the right next step to take.

[Start My Plan!](#)