

## PHASE 3 - PART 2

### REVIEWING YOUR CURRENT SITUATION

MY CURRENT SITUATION	YES	NO
I feel happy in my job?		
I am regularly learning new things		
I feel constantly lethargic and fatigued		
I have no motivation		
I am restless		
I feel alone		
I like the colleagues I work with		
My work environment is clean and uncluttered		
I am always taking sick leave		
I am always looking at ways to not go to work		
I always miss out on promotions		
I am always being asked to do someone elses work		
I am not respected by colleagues		
I crave for something 'more'		
I feel unhappy with my career		
I am frequently irritable and moody		
I feel an underlying sense of anxiety		
I feel stuck and stranded		
I do not respect some of my work colleagues		
I get nervous around some of my work colleagues		
I am intimidated by work colleagues		
I am struggling with my workload		
I am struggling with understanding my job		
I don't think I am good at my job		
I don't think I have the brains for my job		
I am kidding myself, this is not for me		
I am putting on a brave front		
I keep being told what I am doing wrong		
I feel stressed when I get to work		
I can't concentrate as I am so nervous		
Are you lazy?		
Are you a responsible person?		
Do you complain?		
Are you dishonest?		
Do you follow instructions easily?		
Do you like being told what to do?		
Do you lack enthusiasm?		
Do you distrust a colleagues or colleagues?		
Do you feel a desire to learn more		
You are wanting more responsibility, they are not giving it to me		
You have a desire to grow more, You can't here		

MY CURRENT SITUATION	YES	NO
You are wanting more life/work balance		
You are not being heard		
You do not want to get out of bed to go to work		
You are struggling to concentrate		
You have low self esteem because of my work		
You are not confident in your decision making		
You are only there for the money		
You buy yourself things to make yourself feel happy and worthwhile		
You are envious of your friends who are happy in their job		
You are always looking at the job listings on the website		
You are always tired at meetings		
You find the time goes really slow at work		
You feel disconnected from the original reason you chose this job		
You do not like the person you have become because of work		
You are always dreaming of a better job		
You are saving so hard so that you can leave your job		