

Leaving your Job: Thinking Through the Decision

This document is meant to help you clear your thoughts and figure out if you need to make a change.

What is making you unhappy with your job?

Is the situation short term or long term?

Is there anything that can be done to fix it?

Have you tried asking for help?

What else can you picture yourself doing?

Think about working in a different type of classroom. What problems would remain?

Think about working with a different age. What problems would remain?

Think about leaving your classroom. Check the boxes for everything you feel:

- | | | | |
|-----------------------------------|----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> Hopeful | <input type="checkbox"/> Relaxed | <input type="checkbox"/> Neutral | <input type="checkbox"/> Scared |
| <input type="checkbox"/> Joyful | <input type="checkbox"/> Hopeful | <input type="checkbox"/> Insecure | <input type="checkbox"/> Anxious |
| <input type="checkbox"/> Balanced | <input type="checkbox"/> Excited | <input type="checkbox"/> Sad | <input type="checkbox"/> Stressed |

What is the biggest thing holding you back from making the change?

Think about another time you made a big change. How did it end?

What is the worst thing that could happen if you change your job?

What is your gut reaction?
