

WORKSHEET #10: CAN YOU AFFORD TO LEAVE YOUR JOB?

The Zombie Economy spreads more than distress—it spreads paranoia. It whispers (and sometimes yells), “RUN!” But often, the best decision is to stay put . . . and stay safe.

Below is a worksheet/checklist for those who might be tempted to leave their job. We can't make the decision for you, but these are things you must consider.

Things indicating that you should keep your current job (check those true for you):

_____ Your company has a promising and/or stable future and you are unlikely to be fired.

_____ You have opportunities to advance in this job. (If not now, eventually.)

_____ Health care, a retirement plan, and other significant benefits are included.

_____ You are unlikely to make more money—or gain new skills—by changing to another workplace.

_____ Jobs are scarce in your industry—or for people with your skill set.

_____ You cannot afford to miss a single paycheck.

_____ The unemployment rate (locally and/or nationally) is on the rise . . . or above average.

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Things indicating that you can start a job search. (Check those true for you.):

Note: This does not mean it's time to quit. Rather, below are signs that you might be best served by starting a search for another, better job. Do not quit until the next job is firmly in place.

_____ Your company is at risk; layoffs are possible and your job could be eliminated.

_____ There have been specific indications that *you* could be fired.

_____ There is a good market for your skills; there's reason to believe other companies would hire you *now*.

_____ Research says that other companies and/or other positions would pay you significantly more.

_____ Your current salary does not cover your *basic expenses/absolute necessities*.

_____ A different job would likely give you benefits that you don't currently receive.

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Just as important, make sure to really *use* your time away from work. This doesn't always mean starting a massive project or detailing the next ten years of your life (though it certainly can). What it does mean is letting your brain unwind, and letting your true self out to breathe. After all, escaping that terrible job only benefits you if there's some actual "you" left . . . so don't allow your job to smother your life.

Do the things you always *claim* you're going to do:

Pick up that graphic novel you've heard about, marathon your favorite movies, have a board-game night with your friends, actually *start* your novel, actually *write* that amazing song, actually *begin* that screenplay.

WORKSHEET #11: FINDING FULFILLMENT OUTSIDE OF WORK

Fighting the Zombie Economy can require all of your strength; it will burn your muscles and scrape your skin. It will make you want to quit. And that is when you are most at risk.

In order to survive, you must want to survive, and that's far easier when your life has some measure of fulfillment. If this already describes you, congratulations—skip this worksheet and plunge ahead. But if you wish for a little more motivation, this worksheet is for you. Everyone has a reason to live. Let's find yours.

1. FIRST

List three things you wish you were doing instead of filling out this worksheet:

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