

IS IT TIME TO MOVE ON?

Looking for a way to get off the treadmill of your busy life?

Would you be happy if this time next year you are in the same job, doing the same thing, with the same people? If your answer is no, it may be time to move on.

You are not alone. A lot of people are feeling fed up and ready to quit and move on. But complacency and FEAR is what keeps them from moving on. Don't take any drastic measures. There is a right approach. Before you make any move you must be prepared emotionally, physically and financially.

How to tell if it is time to move on

- Are you too busy to do the things you really want to do?
- Are you too busy to spend quality time with the people that truly matter to you.
- You feel like you are just doing your job to pay the bills, and feel trapped by the golden handcuffs?
- Is your work-related stress affecting your family relationships and home life?
- Is your job making you shirk from some important responsibilities to your God and to your family?
- Do you long for a job that will inspire you and where you will be fulfilled
- Perhaps you feel undervalued and feel your talents or contribution is not appreciated?
- Your company is changing and you feel that it's just not for you anymore?
- You have changed and need to be doing something that is more in synch with the new you.

YOUR IDENTITY

- Do you have an identity beyond your job?
- Do you have a life outside your job?

Many people tend to define themselves in terms of their job and it is almost as though they don't have an identity beyond that job. The company becomes synonymous with the individual.

You must also realize that if you try to remove yourself from the business environment (even if it is to start your own business) people's perceptions about you are undoubtedly going to change. Can you cope with the loss of status?

Whilst I was working in the corporate environment many friends and colleagues let apathy set in and at the same time emphasis on their own goals and dreams more or less died.

What does success mean to you? It can mean different things as you pass through life. One of my definitions of success is being truly content with the life I am leading

- Can you adapt to the loss of routine and an unstructured work day?
- Can you do without the corporate "look" – business suits etc

FINANCIAL CONSIDERATIONS

Before you quit your job you must be financially prepared as inevitably there will be a reduction in your regular income. If you are attached to a high income, can you adjust to a drop in income? Income may plummet temporarily whilst you decide exactly what you wish to do. You need to have the time to revitalize, rejuvenate - you don't want to jump on the first job offer you get.

A DOZEN STEPS TO FINANCIAL PREPAREDNESS

- Talk to your family
- Determine where you stand financially

- Review your budget (mortgage, rent, car payments, utility bills, groceries, school fees, travel etc)
- Start a reserve/emergency fund to cover at least 6 months of expenses (eg increase voluntary pension contributions – this can be withdrawn at any time)
- Start to reduce your debt, particularly high interest debt
- Assess your existing income – any passive income – dividends/rent – be conservative.
- Evaluate your expenses– change your spending habits - find areas to cut back
- Review your assets and determine their true liquidity
- Can you create new sources of income using your God-given talents, passion, experience etc
- Medical insurance - How will you manage without the health/medical insurance. Enquire about individual policy. If you are married your spouses' policy may already cover you
- Assessment: Can you afford to leave or should you delay a little?

How do you spend the time?

- ME time
- Read inspirational books (Autobiographies of successful people)
- Volunteer
- Do nothing
- Exercise
- Clear the clutter
- Cultivate your networks
- What are your strengths and weaknesses
- Write down a career and personal goals

What is your ideal company that will be right for you professionally, financially and mentally.

- What kind of company do I want to work for or create?
- One that supports work life balance?
- One that promotes personal growth and development?
- One that promotes from within?
- One that is financially stable and offers you financial stability
- One that is environmentally friendly?
- Work hours.

SET YOUR INTENTIONS AND MAKE IT HAPPEN

Without a clear PLAN you will continue to stumble through life without deep meaning or purpose - it becomes too easy to get stuck on the treadmill of life.

- Transforming your life begins by setting intention
- Be clear about what you want and write it down
- Share your intention with someone you trust and who will support you and hold you accountable
- Stating your actions and acting on them will help you take greater control of your life.
- Acting on your intent allows you to demonstrate commitment to yourself and your goals
- ACT - Do something towards your commitment to your intention each day
- You will be able to direct your energy towards a positive outcome
- Life becomes filled with positive energy and passion as your hopes and dreams become a reality
- Take time out to RECHARGE, REFLECT & REJUVENATE

Get off the treadmill – stop to smell the roses

