

Should I Stay or Should I Go?

How to Get the Most Out
of Your Current Job in a
Tough Economy



Deborah Grayson Riegel, MSW, ACC
Elevated Training Inc.
www.elevatedtraining.com

Table of Contents

In Search of Job Satisfaction	3
What Is Job Satisfaction?	4
Have You Quit Your Job Emotionally?	7
Ten Ways to Get More from Your Current Job	9
Is It Time to Leave?	12
Six Steps to a Smooth Transition	14
Final Thoughts	16
About the Author	17
Other Topics	18
Sources	19

In Search of Job Satisfaction

There's no quick fix to finding fulfilling work—you know, the kind of work that gets you out of bed in the morning *before* the alarm clock rings. Some people give up on the pursuit of job satisfaction altogether, buying into the belief that work is a means to end, a necessary evil, something you have to do to pay the bills.

Others believe that job satisfaction is linked to finding a new job. They believe their lack of fulfillment is rooted in the job itself, or in the organization they are working for. They stay at one job until the honeymoon is over, and then they move on to another.

But moving on is becoming increasingly difficult. Our economy is in a major slump, and new jobs are hard to come by. Not to mention that moving from job to job is an exhausting endeavor in itself...especially when you never really find what you're looking for. It's like Sisyphus arduously rolling a boulder to the top of a mountain, only to have it fall back on its own weight. People who have hopped from job to job hoping to find fulfillment and purpose know these efforts are very rarely rewarded.

Forget the economy, forget everything you've been told about job satisfaction, and focus on these two facts:

- You don't have to accept the slump you are in.
- It's possible for you to find satisfaction . . . *in the job you have right now.*

There are no quick fixes. You'll have to take responsibility for your own situation, and you'll have to make a serious commitment to your job and career growth. But your efforts will be rewarded.

My goal for you is to help you determine what you need and want from your job, so that you may make the positive changes necessary to achieve fulfillment and satisfaction in your current position.
It can be done.

To your success,

Deborah

Deborah Grayson Riegel, MSW, ACC

Elevated Training Inc.

www.elevatedtraining.com