

Quitting is Not a Bad Thing

Exercise 1

Vocabulary

blue

ADJECTIVE; blues (noun)

feeling unhappy or sad

There's no reason to feel blue today.

core value

NOUN

system of beliefs that helps people tell the difference between right from wrong

He was driving on a motorway.

worthwhile

ADJECTIVE

having worth of value

I knew this medal could be worthwhile.

Exercise 2

Article

Quitting is Not a Bad Thing by Team Bossbabe

People can relate if someone asks if someone said they're not happy with their job. It's pretty common to feel blue, but it often leads to confusion. We all desire, and actually deserve, a job that not just supports our living but also matches our passion. The sad part is many chose to stay even though they felt unsure and unhappy because they were stuck on the situation.

Knowing one's worth and building such confidence can bring someone into the right place. Quitting a job seems scary, because closing one door can open new ones. But before leaving, there are some questions you need to ask yourself.

First thing is, "Why do you want to quit your job?" You might have been thinking this for long, but you need to identify why your current job isn't working for you anymore, and understand why this one is falling short. If you've outgrown your job or you're suffocating in the company culture, you might need to take some courage to leave.

Second, "What are your core values?" It's quite important that your job aligns with your core values and desires. Working in an environment makes you feel like you're using your time in a worthwhile way. You need to consider your values, which could be freedom to travel, experience wealth, lead a team, or have a daily structure. Once the values are clear, it will help align a person with a more suitable journey for him.

Third, “What’s the worst thing that could happen? In every situation comes a decision, and each decision brings a good and a bad side. List down all the possible bad outcomes that you might fear, after leaving your current job—which you’ll probably face a lot. It could be upcoming bills, feel lonely in the path, or end up regretting your decision after months. Look at the list and assess if your current unfulfilling situation could actually be worsen if you decided to leave. Name it your “worst-case scenario”.

And last, “What’s the best thing that could happen?” If there's a worst-case scenario, there must also be a best-case scenario. Think of the great things that could happen if you chose to change your path. Close your eyes and picture your own version of success.

Then look at your lists and compare if your fears have power over dreams. If yes, try to think how to overcome your fear to decide the best life for you.

Exercise 3

Discussion

1. Do you have a dream job? If yes, does it match your current job?
2. Which is more important, high salary or job satisfaction?
3. Have you experienced feeling lacking will out of the sudden? How did you overcome it?

Exercise 3

Role Play

Recall a time when you had to choose regarding your career. Compare what you became after making a choice and possibly could become when you choose the other one.

Discuss it with your teacher.

source: <https://bossbabe.com/four-questions-to-ask-yourself-before-you-quit-your-job/>