



Are You Suffering From Career Fatigue?

Career fatigue is an unshakable weariness from the routine, tasks, activities and challenges of an established profession. Career fatigue saps us of our creative and productive energy, and has a pervasive influence on our attitude.

Begin to take control of your professional life by recognizing the warning signs of career fatigue. Once you recognize it, create a plan to manage it. Left unattended career fatigue will negatively impact your health, your relationships and your success.

TAKE A QUICK CAREER FATIGUE ASSESSMENT

Do you OFTEN, SOMETIMES OR NEVER:

- O-S-N Experience a lack of interest in long-term projects?
- O-S-N Notice a loss interest and enthusiasm for new challenges and opportunities in your workplace?
- O-S-N Notice signs of physical or mental fatigue on your way to work?
- O-S-N Find yourself not wanting to think about the work week ahead?
- O-S-N Dread the thought of having to go to work?
- O-S-N Find yourself unusually short tempered with people or projects?
- O-S-N Find yourself easily distracted by personal interests or activities?
- O-S-N Notice yourself complaining about your job to anyone who will listen?
- O-S-N Respond with sarcasm or negativity when asked about your job?
- O-S-N Find yourself coming to work late or leaving early as often as you can?
- O-S-N Find that you are no longer motivated by job perks?
- O-S-N Find yourself being told you have a poor attitude and work?
- O-S-N Find your work lacks purpose or is unfulfilling?
- O-S-N Spend time thinking about or talking about what you dislike about your job?

SCORING: *If you rated six or more items as OFTEN, you are in the grip of career fatigue. If you rated six or more items as SOMETIMES, you are in danger of career fatigue.*

For information about career coaching, contact info@pwks.com .