

“Are You in the Wrong Job?” by Alex Daniel June 16, 2017

1. Do you hate Sunday nights?

If your weekend's barely begun and you are already feeling anxious or frustrated that Monday morning is approaching, it's a good sign that you are not in the right job.

2. You are Frequently MIA

That dreading of work might lead you to actually skip work or take personal days off more often than you used to. Sometimes these might be for legitimate reasons, but more likely, they're excuses to get out of having to come in to the office.

3. It Feels Like Work

Even though every minute of the day will not be thrilling, you should have an overall feeling of enjoyment about your job and future. If not you are in the wrong job.

4. Friends or Family Ask if You're Okay

If the people closest to you are sensing that you are distressed, maybe before you even recognize it, it can be an early warning that you are in the wrong job.

5. You are Developing Bad Habits

When your job is unfulfilling, you are likely to seek release through other means.

You will bury your frustration in unhealthy habits like overeating, over indulging on alcohol or dulling the pain through escapism hobbies.

6. You Feel Like a Robot

A great job gets all your brain's cylinders firing, you start to work in the "flow". But if your job is not a good fit, is the opposite. You turn your brain off and go about your task as a subhuman robot.

7. You are Focused on Being Efficient, not Effective

Do you try to work efficiently or effectively? Effectiveness is doing the things that get you closer to your goals. Efficiency is performing a given task, whether it is important, in the most economical manner. If you focus on getting your work done as quickly as possible, but you do not feel any sense of having moved closer to your goals, you might want to go into a different line of work.

8. You are Burning Time on Facebook

This is a sign you are bored or not passionate about the work you are being given. The more time you spend on Facebook or social media, the more you are disrespecting yourself. It shows you are not proud of your work, and at some point you will be bitter.

9. Five O'clock Takes Forever

If your job is a good fit, you should be fighting the temptation to work late each day to get one more thing done. But when you are in the wrong job, you will find yourself looking at the time in disbelief that you are still so far from five. If the afternoon seems to crawl, it might be time to start polishing your resume.

10. Your Boss Keeps Correcting You

A little constructive criticism is valuable. But if it seems like every task you finish gets a correction or even a reprimand from your boss, this might not be the job for you.

11. Your Boss Stops Including You

If you start hearing about decisions after they have been made or are somehow the last to learn about a new revenue-driving project, it's a good sign your position in the organization may be slipping and you are in the wrong job.

12. You Avoid Your Boss Altogether

If you dread the arrival of your boss to your office door or happily go a day without speaking with him or her that is a sign you are not going to go far in the organization.

13. You are Speaking a Different Language than your Boss

If you feel like you and your boss cannot communicate, but you see your boss relating well to others on your team, and you feel like the odd man out.

14. You are not Playing to your Strengths

Nobody's good at everything and everybody's good at something. A good job and smart boss dedicates your energy to your strengths, and what you do that others on the team cannot, while reducing the time spent on your weaker areas.

15. You Feel Like Napping at Work

If you are frequently feeling drowsy on the job and considering how you might be able to fashion a bed under your desk, you are not engaged in your work.

16. Glass is Half Empty

A sign you are in the wrong job is when you start the blame game and focus on all that is wrong in the job. You start viewing the job and the company as evil, and you a victim.

17. You Gossip More

Private negative feelings about your job will inevitably become public ones as you share your frustrations with coworkers or just throw a little shade on your boss behind his or her back.

18. Nothing Gets Finished

If your to-do list just keeps getting longer, with deadlines coming and going, but you can't seem to wrap up projects, it may be that you are in over your head, or you are just not feeling energized by the work.

19. You have not Learned Anything New in Months

A good job should challenge your skills and have you pushing yourself, learning new skills in the process. If you've learned all that you are going to learn in your current position, and don't expect that you will be learning anything new anytime soon, you're in the wrong job. Head for the exit.

20. You Lack Financial Freedom

It may be that you have a great relationship with your boss and find the work engaging. But if at the end of the day, the paycheck you're taking home doesn't pay the bills and you're having to scrape by, that's a good sign that you're in the wrong job and want to look for something else.