



Are You Ready For a Change?

By Coach Shay

- If you have a job, what are the best parts of your job and work?
- If you have a job, what do you like least about your position?
- If you don't have a job, what would you most like to do?

Bonus Questions:

- How could you get started looking for a good job?
- Have you, like Coach Shay, been in a toxic work environment? If so, describe what kind of things came up that you didn't like.
- What did you learn from these experiences? Did you talk to your employer about them and try to resolve them with your supervisor or Human Resources? Were you able to talk to someone about your experiences?
- How is your life / work balance? Do you feel more alive at work or does it drain you? What could you adjust in your life to make some changes? (examples: more exercise, breathing exercises, walk to work, talking to a friend, prayer).

Reach UP to God:

- If you have a job, take a moment to thank God for a job. If things are difficult at work, lay all the problems out in prayer (talk it ALL out to God).
- Ask God for wisdom for what to do next. If it is a great job, how could you make it better? What could you do to improve the situation?
- If you have a job you'd like to leave, take some time to pray and prepare for the future step by step as Coach Shay suggested.

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