

5 SIGNS THAT YOU NEED A CAREER CHANGE



Summary: *There are times when a career change is the only option so use these five signs to know when you have reached the time.*

Making a career change is a big decision that should not be taken lightly. Often, when one feels like there is nothing left for them in their current job, they decide to give up and move on to something else. However, there are a lot of things that can be done to improve one's current career without giving up completely but there are some things that cannot be changed. When you find yourself at the point where you have made all the steps to improve your current career but things still aren't working, use these five signs to know if it is time for a career change.

1. You are not valued, appreciated, or rewarded.

Working as hard as possible but not getting any acknowledgement for your hard work can wear anyone out. Perhaps you have asked for a raise several times but get turned down without an explanation each time. You put all your effort into your job and the company but get nothing in return. This is a sign that it is time to move on and find something that gives back to you as much as you put in.

2. You are no longer challenged.

Being able to grow within your career and company is important for without it there is no future. A career that can challenge you will help you grow and keep you motivated. If you are content doing the exact same thing every day with no improvement in salary, then keep your job but if you want to be able to take on different responsibilities some day and work your way to having a higher salary then move on to something else now.

3. You don't trust your company.

If there are things that your employer is doing that are sneaky or something that you don't enjoy being associated with then get out. There may also be rumors going around about the company that make you uncomfortable about the security of your job or something else so now is the time to start looking for something new.

4. You have lost excitement and passion for your job.

You should be excited about what you do and enjoy going to work on some level every day. To say there is nothing you enjoy about your work is a huge red flag that you need a change. For example, if you work as a veterinary technician but hate working with animals then there is a problem that can only be fixed by changing careers. Dreading waking up every morning to go to work will put you in a negative mood that will carry over into all aspects of your life, making you depressed and angry. This is not a position you want to end up in as it may ruin your chances of getting a good reference from your employer.

5. You have that gut feeling screaming at you to move on.

Trust your gut. There is a reason that you get knots or butterflies in your stomach. It is a sign that you are either nervous or excited about things. While anxiety can be the reason for the feeling, if it is persistently a bad feeling every time you think about your job, walk into the building, etc. that feeling is telling you to get out of there as soon as possible.

Have you ever had a job you hated? What did you do about it? Share your experiences with us in the comments below.

To learn more about making a career change, read these articles:

- [The Mental Phases of a Career Change](#)
- [Is It Ever Too Late to Make a Big Career Change?](#)
- [Create a Strong Plan before Making a Career Change](#)

Photo: pixabay.com