

# The People

	<b>Questions:</b>	<b>Yes</b>	<b>No</b>	<b>Result</b>	<b>Your Suggestions to Improve the Situation</b>
1	Do the people you work with promote unhealthy competition?	X		ex. Secrecy and lack of openness resulting in miscommunication within the team	ex. Recognize that this unhealthy relationship is preventing the team from accomplishing its goal. Be more understanding and provide more help and constructive feedback to the team.
2	Do the people you work with offer unconstructive negative feedback without providing alternative solutions?				
3	Does your team constantly disregard fresh ideas to promote outdated business methods?				
4	Do you lack senior role models that could help and guide you succeed at work?				
5	Did your mentors recently leave the company?				
6	Do you feel like your supervisor doesn't trust your ability to do the job assigned to you?				
7	Is there a culture of secrecy that dampens the morale and spirit of the business?				
8	Are your company's and team's goals unclear or undefined?				
9	Are the directions to attain the company's or team's goal unclear or undefined?				
10	Does the company's leadership promote toxic competition among employees to attain business objectives?				
11	Do you constantly commit mistakes and realize this at the last minute because there was no proper guidance?				
12	Is there a lack of recognition for the work you're doing?				

# The Work

	<b>Questions:</b>	<b>Yes</b>	<b>No</b>	<b>Result</b>	<b>Your Suggestions to Improve the Situation</b>
1	Do you often miss lunch breaks or take short lunch breaks to meet deadlines and accomplish daily tasks?	X		ex. Feeling exhausted and overworked, making you less eager to come to work the next day	ex. Use lunch to enjoy your food, relax, and read more books that will help you grow in your field
2	Do you feel bored at work because your tasks are becoming repetitive and monotonous?				
3	Do you feel bored at work because your skills are underutilized?				
4	Do you have too much downtime?				
5	Do you struggle with work because you're unequipped with the right skills or information to do the job?				
6	Do you have to frequently take home your work just to meet deadlines?				
7	Do you constantly think about work even outside of the office or during the weekend?				
8	Was there a sudden increase in workload, which will now become part of your day-to-day tasks?				
9	Are you unproductive because of the lack of tools?				
10	Are you unproductive because of the environment?				
11	Do you feel like your work is not directly contributing to the company's business objectives?				

# The Company

	Questions:	Yes	No	Result	Your Suggestions to Improve the Situation
1	Do you feel like you're not compensated enough for your work?	X		ex. Feeling inferior and less motivated to provide excellent output	ex. List down your competencies, projects, and skills. Talk to your supervisor about an increase or what specific goals you need to attain in order to get a promotion.
2	Is there a looming merger & acquisition threat that may leave your position redundant?				
3	Does your company have high turnover rate?				
4	Are you hearing news about a possible retrenchment?				
5	Is the company under investigation for a serious offense?				
6	Is your company getting too much bad press from various media outlets and social media?				
7	Is your company suffering from unstable profits?				

Sources:

<https://www.rgf-professional.com/insights/five-really-great-ways-to-stay-motivated-at-work>

<https://hbr.org/2020/02/dont-quit-your-job-before-asking-yourself-these-questions>