

Top 4 benefits of quitting before finding a new job

Desperate to leave your job but don't have another one to go to? Quitting under these circumstances is a difficult decision to make, which means research is essential to help you weigh up the pros and cons of taking the leap.

If there are jobs frequently being advertised in your field, quitting might be the right decision. However it's important to know that 75% of Australians currently searching for jobs are spending up to [six months](#) doing so. Often, it can even take longer than this.

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If you're willing to ask yourself what you want to achieve out of this time off, and then mentally and financially prepare yourself for the experience of being out of the work force, there are surprisingly many great reasons why quitting your job before finding a new one might be the right decision for you.

1. **Say goodbye to a negative work environment.** Many people ache to leave their jobs after trying to cope with a nasty boss, a barely existent salary, round-the-clock hours or an unfair work culture. If your work environment is causing you more strife than fulfillment, and you've done all you can to improve it with no such change to the poor conditions, quitting your job might be the answer to help you start afresh. But don't underestimate the uncertainties of unemployment. Before you resign, commit to saving three to six months' worth of money, and have an action plan to help you benefit from the time you spend during your career break.
2. **Reassess your career direction.** Did you know that 70% of people want to change industries? If this sounds like you but you're not quite sure which direction to take, [volunteering](#), starting a passion project, travelling or [studying](#) can help you discover what to pursue in a long-term capacity. The new skills and experiences that you gain in your career break will help set you apart from other candidates when you interview for your next role, making your time out of the work force well spent.

3. **Network and meet new people.** When you're bound to your work environment nine to five, it's easy to forget that there's a world of opportunity outside. This may be one of the only times when you can put yourself out there and engage with industry groups, meet recruiters, interview for new roles and network with your contacts – all on your own time. Being able to express your passion and determination for finding a suitable new role will inspire both you and the people you meet.
4. **Apply yourself to applying for jobs.** Often searching for a job can feel like a job in itself, and this rings true especially for full-timers with little time to spare. Finally with time on your hands, you will really be able to throw yourself into job applications. You'll be able to dedicate a couple of hours each day to [searching for jobs](#), writing individual [cover letters](#), crafting a perfect [resume](#), preparing for and attending interviews, and following up on each application. While it's not an easy process, you're more likely to land a new role when you're able to put energy into finding one.