

# 3 signs you're stuck in your career

One of the problems with being stuck in your career is sometimes you don't realise it. When you do finally figure it out it can often be a demotivating experience. So, the trick is to identify the signs before it happens.

Here are three questions to ask yourself to see if you're in need of a change:

1. **Do I enjoy the work?** Just for a moment think about the work you're doing on a daily basis. Go through each of your tasks and responsibilities and take note of how you feel about them. For example, if one of your values as a professional is that you want to be consistently challenged, are you working on anything that's helping you to grow as an individual?

It's important that the work you're doing aligns with your values, as this is the foundation upon which fulfilling careers are made. So, have a think about what makes you happy and if you find yourself scraping through the memory bank for the last time you felt a sense of achievement, it may be time to start considering a change.

2. **Do I have a clear career path?** If you're not currently in the role you want to be in, does your company have a clear path on how you can get there? And when was the last time you sat down and thought about what you want to achieve in your career? If you don't know what the next step is going to be, it could very well mean that you may be stuck in a rut.

Don't worry, it happens to the best of us. If this is you, a great place to start is to write down goals you want to achieve, a new skill that you want to learn or, even better, sit down and map out a career plan. Knowing the next step in your career can help you look at the bigger picture and forge your own path.

3. **Am I reaching my potential?** For most of us, this is a tricky question to answer. You're probably thinking, 'What is my potential?' and 'How will I know if I'm achieving it?' Often the best way to approach this question is to think about what it is that you do that energises you and what makes you happy.

When it comes to reaching your potential, there's a few key ingredients required – a goal that you're striving towards, a touch of stepping out of your

comfort zone and a dash of passion. If you're missing these elements from what you currently do, it might be an indicator that you're not currently on the path to reaching your full potential.