

## Moving Jobs: Embracing Change and Leaning Into Fear

Change is scary. I get it. Walking away from a job, even one that no longer serves you, can feel like stepping off a ledge into the unknown. But here's the truth—growth doesn't happen by standing still. If you want to move forward in life and in your career, you have to embrace endings, lean into your fears, and trust that something better is waiting on the other side.

If you've been feeling stuck, unhappy, or like you're just going through the motions at work, it's time to stop ignoring that feeling. You don't grow by clinging to what's comfortable. You grow by making bold moves.

### Lessons to Take With You When Thinking About Moving Jobs

#### 1. Endings Are a Natural Part of Growth

Just like seasons change, your career evolves too. Jobs have their time—some serve you for years, others for only a short while. Recognising when a role has run its course is a sign of strength, not failure. Moving on isn't quitting; it's making room for something better.

#### 2. Cutting the Dead Weight Helps You Thrive

Ever seen a plant that's been pruned? It looks rough at first, but soon enough, it grows back stronger than ever. The same applies to your career. Holding onto a job that no longer excites, challenges, or supports you will only hold you back. Prune away what no longer serves you so you can focus on what will.

#### 3. Not Everything Is Meant to Be Fixed

You've given it your best. You've tried to make it work. But some jobs just aren't meant to be salvaged. If you're constantly battling poor management, toxic culture, or a lack of opportunities, it's not on you to fix it. It's on you to recognise that you deserve better.

#### 4. Don't Get Stuck in False Hope

Ever found yourself thinking, *"Maybe things will get better if I just stick it out?"* Hope is great—but false hope is dangerous. If the same problems keep repeating, if the same frustrations keep draining you, it's time to stop waiting for change and start making it happen.

#### 5. Boundaries Protect Your Future

Leaving a job is one of the biggest boundary-setting moves you can make. You're saying *"I won't settle for less than I deserve."* Whether it's stepping away from a toxic boss, poor pay, or a lack of respect, setting that boundary ensures your future career is built on the right foundations.

#### 6. Be Honest With Yourself

Take a step back and ask: *"Am I happy? Am I growing? Is this job taking me where I want to go?"* If the answer is no, then deep down, you already know what you need to do. Don't ignore that inner voice—it's trying to push you toward something better.

## **7. The Pain of Leaving Is Temporary—The Benefits Are Long-Term**

Change is uncomfortable. Leaving a job can bring uncertainty, stress, and a fear of the unknown. But that fear? It fades. And what replaces it is excitement, new opportunities, and the realisation that you made the right call. Growth always comes with discomfort—don't let short-term fear stop you from long-term success.

## **8. Courage Is the Price of Progress**

No great career move comes without a moment of fear. Every promotion, every industry switch, every bold decision requires courage. And here's the thing—you already have it in you. You've faced challenges before. You've adapted before. You can do this.

## **The Bottom Line**

If you're reading this and thinking, *"This is me,"* then maybe it's time for a change. Maybe it's time to stop waiting and start moving. Don't let fear keep you where you don't belong. The best version of you is waiting on the other side of that decision.

So, take the step. Lean into the fear. Your future self will thank you.