



coaching for women in tech who want more

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Career Swerve Checklist: Is It Time to Make a Move?



You don't have to hate your job to know it's not the right fit anymore. If you've been feeling restless, unmotivated, or just "done" - this checklist will help you figure out if it's time for a change.

How to Use This Guide:

- Check off any signs that apply to you.
- If you check **3+ signs**, it's time to explore your next career move.
- DM me "**SWERVE**" if you want to chat about what's next! Or book your call 

1. The Signs You're Ready for a Career Swerve

☐ You feel like you're just going through the motions. Work doesn't challenge or excite you anymore.

☐ You keep telling yourself, "I should be grateful" - but you're still restless.

☐ You're stuck in a cycle of constantly scrolling through the options in your mind. You want something different but don't know what.

☐ The thought of doing this for 5 more years makes you feel uninspired, at best.

☐ You've grown, but your job hasn't. Your skills and ambitions have outpaced your role.


☐ You're more excited about side projects, hobbies, or other people's careers than your own.

- You've thought about leaving, but fear of making the "wrong" move keeps you stuck.
- You feel like you don't fit into the culture or expectations of your industry anymore.
- You've handed in your resignation (at least in your head) multiple times.


2. So, What's Next?

 **If you checked 3+ boxes, it's time to start exploring your options.**

Here's how to start **without quitting your job tomorrow**:

 **Step 1: Define what you want to keep & what needs to change**

- What do you still enjoy about your current job?
- What drains you the most?

 **Step 2: Get curious about what else is out there**

- Talk to 2-3 people in roles or industries that interest you.
- Explore opportunities that align with your skills in a new way.

 **Step 3: Experiment before committing**

- Take a small step: freelance, consult, build something on the side.
- Test the waters before making a big leap.

 **Want help figuring out your next move?**

DM me **"SWERVE"** and let's talk about your career options. No pressure - just possibilities.

Or book your intro call: attycronin.com/intro-call

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