



# SHOULD I STAY OR SHOULD I GO NOW?

A SASSY SELF-CHECK FOR WOMEN LEADERS WHO DESERVE BETTER

Before you torch your resignation letter (or hit “send”), let’s get clear:  
Is the workplace the problem... or is it me?

(Spoiler: sometimes it’s BOTH—but knowing which is running the show will save you years of frustration.)

## SECTION 1: Is the Workplace the Problem?

- ☐ They say “we value women leaders” but still hand the mic (and the raises) to the boys’ club.
- ☐ Although its said the “best idea wins” that’s only true if the idea is from a select group.
- ☐ You find yourself experiencing or witnessing others experience behaviors you thought you left on the play ground. The bullies just wear suits now.
- ☐ Women at the top aren’t supportive of other women growing in the organization and the mean girls you thought you left in high school are now sitting next to you in the board room wearing stilettos. (Executive Leadership Team is a cat fight)
- ☐ The quotes on the wall sound great, but the actions of the leadership team don’t align with them.
- ☐ You’ve been doing Olympic-level labor and working through vacations, but leadership calls it “being a team player”. All while they work from home, use “OOO” on emails like a border wall, and preach work/life balance.
- ☐ Promotions look like a revolving door for the smiling nodding yes people—but a brick wall for people with the data and the receipts to have earned them...like you.
- ☐ Your feedback gets labeled “too direct”, “agressive”, or “emotional” while Kevin’s Power-Point gets a standing ovation.
- ☐ The culture thrives on finger pointing and favoritism instead of accountability and actual strategy.
- ☐ You feel like you’re constantly surviving instead of thriving and dread Mondays like the damn plague!

**If you’re nodding your head like “hell yes,” the problem smells corporate, / not personal.**

## SECTION 2: Is It Me (Be Honest, Sis)?

- ☐ I’ve been holding back my voice because I don’t want to ruffle feathers.
- ☐ I catch myself people-pleasing when I know I should be boundary-setting.
- ☐ I haven’t actually articulated what I want—just what I don’t want.
- ☐ I’m waiting for permission (newsflash: no one’s coming with a golden ticket).
- ☐ I expect the company to “see my worth” instead of consistently showing it.
- ☐ My self-talk is sabotaging me harder than my micromanaging boss.
- ☐ You have capped out your growth potential, but are coasting in comfort.
- ☐ You’ve had the tough conversations but not seen improvement or change and have become extremely negative as a result.

**If this is you—deep breath—it’s not shame, it’s awareness. And awareness is power.**

## SECTION 3: The Real Talk Test

- ☐ If it’s mostly the workplace: Stop gaslighting yourself. The system is broken, not you. Staying means signing up for more of the same. Let me help you figure out your next move!
- ☐ If it’s mostly you: Congrats, you just found your growth edge. This is fixable with support, strategy, and maybe a little Allie coaching magic.
- ☐ If it’s both: Girl, we’ve got work to do—but you don’t have to do it alone. I’ve got you!!

**Bottom line: You don’t have to stay stuck in a job that kills your spark OR in patterns that hold you back. The real question isn’t just stay or go—it’s:**

**Do I keep playing small here, or do I rise into the leader I know I am?**