

YOUR CAREER HAPPINESS ROADMAP

CHAPTER FIVE – BOTTLENECKS

Bottlenecks

Signs to watch out for

Anxiety

Are you experiencing excessive and intrusive worrying that disrupts daily functioning.

1. Feeling nervous, restless or tense
2. Having a sense of impending danger, panic or doom
3. Feeling weak or tired
4. Increased heart rate
5. Trouble concentrating

Inner-Belief

Do you at times experience low self-esteem.

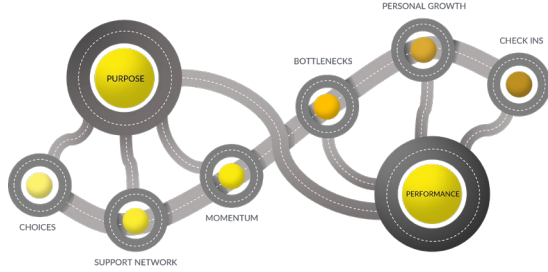
1. Sensitivity to criticism
2. Imposter syndrome
3. Social withdrawal
4. Hostility or anger
5. Excessive preoccupation with personal problems

Procrastination

We all experience feeling stuck.

1. Perfectionism
2. Fear of failure and/or success
3. Feeling overwhelmed
4. Crisis-making
5. Overdoing or focusing on other tasks





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Fatigue

At times we experience that our energy is running low.

1. Chronic tiredness or sleepiness
2. Slowed reflexes and responses
3. Impaired decision-making and judgement
4. Moodiness such as irritability
5. Headache or dizziness

Workplace Relationships

1. Unhelpful team dynamics
2. Poor leadership expertise
3. Identifying unhelpful or poor behaviours
4. Examining the extent of trust
5. Lack of role clarity and/or exhaustion

