

# 5 Signs It's Time to Leave Your Corporate Job

*How to Know When It's Not Just a Rough Patch—It's a Wake-Up Call*

By Permanent Out of Office

*Helping you trade burnout for purpose.*



You've done everything "right"—got the job, climbed the ladder, followed the rules. But lately, something feels... off. You keep wondering: *Is this it?*

This guide is for anyone stuck in the *maybe zone*—not miserable enough to quit, but far from fulfilled. If you've been questioning whether to keep going or walk away, read on.

These five signs may be telling you it's time to start planning your exit.



## 1. Your Body Is Sounding the Alarm

You wake up tired. You feel anxious on Sundays. Maybe you've got headaches, gut issues, or just a constant sense of *dread*.

Ask Yourself: Is my job costing me my health or peace of mind?

Why it matters: Chronic stress isn't sustainable—and it's often a sign your body knows something that your mind is trying to ignore.



## 2. You Don't Recognize Yourself Anymore

You used to have passions, energy, ideas. Now you just "don't have time." The version of you that once felt alive is... missing.

Ask Yourself: Who am I becoming by staying in this environment?

Why it matters: Your career should build up who you *are*, not tear you down.

### 3. You're Justifying Instead of Deciding

You keep making excuses:

- "It's just a busy season."
- "Maybe next year."
- "Everyone feels this way, right?"

Ask Yourself: Am I explaining away something I already know?

Why it matters: If you're constantly convincing yourself to stay, something needs to change.



### 4. You Keep Dreaming About Doing Something Else

Maybe it's a business idea. A different industry. Remote work. Freelancing. The dream keeps knocking, and you keep pushing it aside.

Ask Yourself: What would I do if I didn't let fear decide for me?

Why it matters: Your soul's calling isn't random and you can suppress it only for so long, before something has to give.



### 5. You Feel Trapped by the "Golden Handcuffs"

The pay is good. The benefits are solid. You've got a promotion coming. And yet, none of it feels like *enough* anymore.


Ask Yourself: Am I staying because I want to—or because I feel I have to?

Why it matters: Comfort and security can be sneaky forms of fear. If your job feels like a cage dressed up as stability, it's time to rethink what you're settling for.



## What Next?

If one (or more) of these signs hit close to home, you don't need to quit tomorrow—but you *do* owe yourself a plan.

 **Book a free 1:1 Clarity Call** with us Permanent Out of Office, and let's talk about how to make your exit *intentional, safe, and fulfilling*.

### What You'll Get From the Call

This isn't a sales pitch. It's a real, honest conversation about where you are—and where you want to go.

In this 30-minute call, you'll:

- ✓ Get clear on what's no longer working in your career
- ✓ Identify the fears and beliefs that are keeping you stuck
- ✓ Discover the next best step you can take—without burning everything down
- ✓ Walk away with more clarity and confidence about your path forward

This call is for professionals who are ready to stop spinning in indecision—and start moving toward freedom, fulfillment, and work that *actually* feels good.

 [Schedule Your Free Call Now](#)

*Spots are limited each month—grab yours while it's open.*

