

#7 - Your boss looks over your shoulder everywhere...even in the bathroom!



# 8 signs you have a crappy job

The Little-Known Path  
to More Income  
and Less Stress

by Matt McWilliams  
*with* Mark Sieverkropp

## Introduction

**If you're reading this chances are** that you are not excited to go to work tomorrow morning. Heck, you're probably reading this and not happy that you are at work now! You feel unfulfilled, unchallenged and unappreciated in your current position.

**How do we know this?** A recent Forbes article put it this way when summing up a recent Gallup poll: *"...work is more often a source of frustration than one of fulfillment for nearly 90% of the world's workers."*

So here are **8 Signs You Have a Crappy Job – The Little-Known Path to More Income and Less Stress**

# 1

You're asking your co-workers if "Is it Friday yet?" ...*on Tuesday!!*

If you are looking forward to Friday this early in the week *every single week* there's a problem! You aren't excited about the work you are doing. You don't feel like you're making a difference—and let's be honest, you're probably not giving 100%.

Thank God it's Friday, Oh God, it's Monday is no way to work...and it's not way to live!

# 2

You avoid your boss like you do door-to-door salesmen when you see him in the grocery store...and the office break room.

Avoiding your boss at all costs means you probably have a job that is as great as the one portrayed in the movie *“Office Space”*.

Having a strained—or non-existent—relationship with your boss leads to a miserable 40 hours every week. (side note: your boss probably thinks he has a crappy job too!)

# 3

**Your boss keeps calling you Greg...but your name's not Greg.**

You are a nameless, faceless nobody to your boss. If you are so valued at work that your boss consistently confuses you with someone else you might as well not be there—but if you try that, we guarantee that THEN your boss *will* remember who you are, and you won't have a job! A job where you don't matter enough to be remembered and noticed is a sign of a crappy job.

# 4

**You've been asking for that new computer  
...since Windows 98.**

Does asking for resources and supplies at your job feel kind of like the 3-page Christmas list you used to give your parents before Christmas? *If you're lucky you might* get 1 item off that list, but most likely you'll either not get what you ask for or you'll get things that you didn't ask for and don't want (like more work and tighter deadlines!). A job that won't invest in the appropriate resources to allow you to do your job isn't someplace you want to be long term!

# 5

Every time your company advertises for an open position you spend 2 weeks looking over your shoulder, losing sleep and wondering if you should spruce up your resume.

If you feel like you're as disposable as the paper towel you just tossed in the trash in the restroom, there's a problem! A good company and a good job...one that is worth hanging onto will be one where you feel like you matter, that it's important that you show up to work every day.

# 6

**It would be easier to crack the toughest bank safe in the world than to get information out of your boss.**

Your boss' favorite phrase rotates between “nun’ya business” and “that’s on a need-to-know basis—and you don’t need to know!” His idea of communication consists of limited inter-office memos and conspiratorial looks. That’s crappy communication, leadership and a crappy job!



# 7

## Your boss looks over your shoulder everywhere...even in the bathroom!

If the thought of your boss standing behind you while you're in the john is disturbing, so should the idea of him or her constantly doing so while you are working.

Besides being a bit disturbing, a micromanaging boss can go make a job go from a tolerable job to a horribly crappy one!

Micromanagement gives the impression of mistrust. And no one wants to work in a low trust environment!

# 8

**Your boss either expects you to be Superman or questions if you know how to wipe yourself.**

This is two sides of the same coin. Your boss doesn't know you well enough—or doesn't care enough—to be able to have realistic expectations. She either sets expectations so high that you have no choice to fail miserable with the entire office watching as if they're watching a horrible car crash, or she treats you as if you were 8 years old and needs your hand held to do the most menial tasks. One makes you miserable because you can never live up to what's expected and the other makes miserable because you don't feel appreciated or needed by the organization.

*If you nodded, shook your head, or identified with  
any of the 8 signs, sorry to say...*

***YOU HAVE A CRAPPY JOB!!***

*Read on for the little-known path to more income and  
less stress...*

*“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.”*

-Steve Jobs

Many will tell you that the path to greater income and less stress lies within finding what you love to do. That is partly true. Steve Jobs hits on the other part of the equation. Not only do you have to love what you do...you have to “...do what you believe is great work...”.

Allow us to share with you two indispensable steps to achieving more income and less stress while doing great work.

1. Change your mindset
2. Be intentional about your career

If you will stir these ingredients into your life today, before you know it you will be less stressed and on your way to meaningful work (and much higher pay!).

So let's go!

## Step One: Change Your Mindset

Here's what we know about you. There's a 90% chance you don't absolutely love what you're doing. And along with that, you probably don't believe that you are a world changer—that is, someone who is capable of changing the world.

You probably entered the work force ready to grab the tiger by the tail! Were you going to be CEO by 35? Were you going to own a multi-million dollar business before you said goodbye to your 20s? Was your name going to be a household name? Were you going to be the guy or gal that everyone in your industry looked to as the leader, the trend setter?

How are those working for you? Are you there? If so, congratulations! You're already headed down this elusive path of more income and less stress. But more than likely, you aren't. More than likely you compromised on your dreams. You settled. Or the path you took turned out to be more of an illusion than reality.

You can still accomplish your goals and dreams. You can be a world changer. You can be a trend setter and a success in all aspects of the word...but not as you are now.

You have to change. You have to change your results. And to change your results you need to change your habits. And to change your habits you have to change your mindset.

Mindset. The way you think. The way you look at things. The lens through which you see the world. There are three major beliefs that you need to get engrained into your mind if you are going to do great work and change the world.

1. **I can make a difference.** – A funny thing happens when you've been in a crappy job for a while, you start to think that *you* are the one that isn't worth much. Crappy jobs have a way of tearing you down and frustrating you. Don't let that happen. Cultivate the mindset that you can *and will* make a difference in the world.

We believe that everyone in this world was born to make a difference—to be a world changer. If you weren't...why are you even here? You can make a difference in the world. You can change lives. There are people that only you can help succeed! Don't forget that.

2. **I can do more than I'm doing now.** – You have to believe that you can do more than you are doing now. This is not the pinnacle of your life or career! You are destined to do

more than check the clock to see if it's quitting time yet! You can find and do great work, work that only you can do, work that will change the world!

Cultivate the mindset that you are moving forward, that you will not always be in a crappy job—that you can, and will, do more than you are doing now!

**3. I am preparing now for greatness!** – While you are in your crappy job you will sometimes feel like you are in a nightmare and it is never going to end. But all your experiences will give you experiences that will prepare you to do work that you love and change the world! Look at your current circumstances as preparing you for the time when you will do work that you love!

Adopt the mindset that you are learning how to be a better leader, run a better company, be a better employee, be more efficient or work smarter. There are countless things you can learn even from a crappy job that will pay off big dividends in the years to come, if you care to see them!

The bottom line is, if you want to change your circumstances—that is, get out of that crappy job and get on the path to more

income, less stress and great work, *you have to change how you think*—that is, your mindset.

Now, once you've changed your mindset, then you have to have a plan in place.



## Step Two: Be Intentional About Your Career

No one falls into great work, more income and less stress long term by accident. No one just miraculously becomes an astronaut, or the President of the United States, or a world-renowned artist or scientist and then looks back and says “*hmmm, I wonder how I got here!*”

Doing great work requires being intentional. Increasing your salary in a substantial manner and achieving less stress requires being intentional. Odds are that you are probably where you are today because of a lack of being intentional. Are you even in the industry you want to be in? Do you know *why* you’re working at the job you are?

Most people float from job to job based on happenstance. What do we mean? You took a job because someone offered it to you (not necessarily because it’s what you wanted to do). You picked a job because it’s what your parents, or spouse, or best friend said you should do. Basically you’ve just floated however the wind happened to blow.

And then you are in a crappy job and you wonder how you got there!

**No one achieve significant success by accident!**

If you want to do great work, make more money and have less stress in your life, you have to be intentional about your life.

Here are three steps to take this week to begin to put a plan in place to be intentional about your career and life.

- 1. What do you want?** You probably have a good handle on what you *don't* want in a career—after all, many of the things on that list you probably encounter every day! *But what do you want?* The more clear you can be about the type of job you want—the hours, the environment, the industry, the leadership, the advancement opportunities, etc.—the more likely you are to find opportunities closer to what you want.
- 2. Start building your network.** It's been said over and over, *your network is your net worth*. Start today meeting new people. Take them to lunch, talk to them at your kids' sporting events. Be genuinely interested in them! Find ways to add value to their life. You never know when you'll meet someone that has connection in the industry you would love to be in. You never know when someone in your network might hear of a position that offers much higher pay. But the key is to build your network now so that you have those connections. Most jobs are found through other people (not CareerBuilder or Monster). Be intentional about your career

by being intentional about who you choose to meet and build relationships with.

**3. Get moving!** We've established you're in a crappy job. We established there's a high chance that you are disengaged from your work. What are you doing to change that? Get moving. It's been said, "Magic happens when you're in motion." (Richie Norton). Start doing something. Whether that is building your network, defining what you want, or a project on the side. As you begin to take the next step towards what you *really* want to be doing, doors will open and opportunities will present themselves that you would not have seen otherwise.

Your career is in your hands. If you are in a crappy job, change it! Begin today. Change your mindset and be intentional about your career and you will be on your way down the path to more income and less stress!

Check out the resources on the next page that we have put together to help you move forward and accomplish more.

# Resources

Do you want to know the secret to:

- Better relationships?
- Special treatment from your boss and others?
- Teams that get along and work together?
- More loyalty from your followers?
- More passion in your marriage?
- And much more...

Then make sure you read Matt's free book, *The Power of Gratitude*. You received it when you subscribed to get this book.

Have you ever uttered any of these phrases?

- "I'm not where I thought I'd be at this point in my life..."
- "I'm just too busy to chase my dreams..."
- "Dreaming is for children..."
- "I have a pretty good life, I should just be grateful for what I have and give up on my childish dreams..."
- I really want to \_\_\_\_\_ but I don't know where to start..."

If so, [pick up a copy of Mark's book, \*Project: Success\*](#). This book will help you go from where you are to where you want to be! You can begin closing in on your goals and dreams in 60 days *without risking everything!!*

[Free two-week email course on finding your “great work” from Happen To Your Career \(HTYC\)](#)

# About the Authors

## Matt McWilliams

Hey, I'm Matt and I'm a world changer.

Now before you think I'm an egotistical, too-big-for-my-britches, jerk, I think we are all world changers. If we weren't born to change the world, we're unnecessary.

This is my blog, focused on the lessons I've learned from many sources, mostly my own experiences. You can read more about my story below if you're interested. In a nutshell, I arrived at my world changer philosophy after being fired four times (twice by the same company and once by own dad...just try to top that!), after facing 42 years in prison, after starting two companies that rose and fell like the Roman Empire, and after getting married, having a wonderful wife and then daughter, and finally realizing my true purpose in life.



**I am a world changer. And so are you.**

My goal here is to help you become the world changer that you were born to be. Sometimes that means helping you to shift your mindset. Sometimes it means giving you the tools you need in life, in business, or in relationships to change the world. Sometimes it means some good old fashioned motivation and inspiration.

I write daily from Monday through Friday, with the exception of major holidays. The majority of my posts are about personal development, communication, business, and leadership, all tied back to helping you unleash the world changer inside of you.

To be clear, I will not make you a world changer. You already are. My goal is to help you find that person inside of you.

Check out [my blog](#) for more on making that happen.

## Mark Sieverkropp

Hey! I'm Mark Sieverkropp. I'm a blogger, podcaster, author, consultant and entrepreneur.

I show people how to grow their personal network quickly by leveraging relationships they already have to meet people that can help them accomplish their goals and



dreams. Oh, and by the way I talk a lot about adding value to other people's lives—it's absolutely vital to being successful!

I believe the old saying, “It's not what you know, it's *who* you know that is important”, is **halfway correct**. You do have to be knowledgeable—more importantly you have to be *very good* at knowing where to find information, but in reality, it's the people you know and the relationships you build that will determine your success!

I am the co-founder of [Happen To Your Career \(HTYC\)](#) and co-host of the HTYC Podcast and author of the book *Project: Success* which was recently #3 in the Self-help section of Amazon.

I blog regularly [here](#). I'd love to connect with you and learn what you are doing and how I might be able to help!



## Connect with us

We'd love to connect with you.

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