

Are you becoming complacent?

It can happen to anyone. One day you like your work and feel challenged by and then a change slowly creeps in on you. The next thing you know, you are having trouble focusing on work.

You may find your mind floating away to distant places when you should be focusing on your charting. Your mind floats away to anything big or small. What do you want for dinner? What is the perfect vacation spot? What it would feel like to be at a spa right now.

Not only are your thoughts drifting off, but your attitude has little to be desired. You used to have a helpful attitude. You wanted to improve the department. Now, you find yourself grumbling to yourself at any request made of you.

You just want to do the least amount possible and go home. You would be happy to go home early if possible too.

These changes can happen to you gradually so that you don't even realize what is happening. You may be getting burned out or becoming too complacent with your situation.

Sometimes a change is just what you need to get a jump start again. A change kind of wakes you up and causes you to focus on the moment again. Traveling may be just the change that you need. If you can afford to make the change, you may want to take the plunge, especially if you are finding yourself complacent at work. Life is too short to grumble your way through the day.