

What to Do When Your Day Job is Killing You

The FatChix Guide to Surviving Your Day Job

This is a fun guide. There are a lot of takes on what this might mean for every individual and what might help each person best.

Some believe that increasing physical activity and upping that serotonin can really decrease workplace unhappiness. I believe that decreasing workplaces that make us unhappy is the real call to action here, but that isn't always an option for everyone.

So, in the vein of floating as many different boats as we can, we've designed this guide from multiple perspectives. It might be helpful for those of you reading to take note of which perspectives you identify with most and examine why that might be the case. Often times, I find that examining what I am instinctually drawn to reveals hidden truths about myself.

Fat Love,
FatChix

IF YOU FIND YOURSELF WANTING TO LEAVE

- 1) Check in with yourself.
 - 1) What is it about the job that's killing you?
 - 2) Is this something that you can change or is this something that is outside of your control?
 - 3) If it is a person or persons, can you switch departments or work your way into another position? Can you adjust your schedule or location at all to avoid them? Can you ignore them or do you need to interact with them frequently? Are they annoying because they are the worst or because they ask for petty things? Are they disempowering you on the job or making you feel uncomfortable?
 - 1) Get specific about the cause or source of unhappiness.
 - 2) Get specific about ways in which it could be avoided.
 - 3) If it can't be avoided, get specific about how you plan to handle it or get out of it, because this is your one and only life. You need a plan. You also need to pay your bills.
 - 4) If it is the work, can you change departments or jobs? Write a list of things that you are most passionate about. Are any of those things part of your job? Can they be? Can you design a dream job that does include those things and gather the experience for a change on the side? Can you start networking in those fields now and find a decent recruiter to help you start a new career path?
 - 1) See the subsections above.
- 2) Analyze Your Options
 - 1) Can you change jobs on your own or with a headhunter?
 - 2) Do you have enough savings to quit and start a new career or go back to school?
 - 3) Do you have investors that could partner with you while you get your business going if that's your dream?
 - 4) If your dream is based on external factors such as getting the role of a lifetime on Broadway or something, are you using branding and marketing to blow your shit up enough to get decent buzz for agents? Are you making films or acting in shows as much as possible or are you chillin' in your job that you don't like?

- 5) Same thing for anyone else in those industries: if you're a dancer, you need to be dancing up a storm and posting about it nonstop. You need to be announcing the fuck out of your dance career and making damn sure that every connection you have knows what a good one you are. Do it with tact and grace, but do it. Remind the world of your gifts.
 - 6) Are you reminding the world of your gifts??? Are you letting people know on the DL that you are looking for a job change? Are you serving your passion and your purpose everyday? Are you telling people about that or are you being shy or cool or coy?
 - 7) Is there a dream job out there that is calling your name that you are just not going for because you are afraid you're unqualified and inexperienced? Do you have a basic knowledge of the job? Are they willing to train the right person? Are you willing to start from a lower place doing something you love to get there?
- 3) Strategize
- 1) Once you've sorted out your options, you'll need to pick the best one available to you. You need to find the one that will bring you the least amount of suffering and the most amount of joy. Sometimes that means sticking with your current job in order to pay to go back to school. Sometimes it means sacrificing a treat or two a month to build savings up for over a year so you can quit without freaking out. Sometimes it means writing up a business plan and attacking every opportunity for investment available because you literally can't live your dream otherwise. Find your best option and pursue, pursue, pursue.
- 4) Initiate
- 1) We have a saying in our business: cheetah gone get that deer. Only FatChix really says that, but it means that the fast and accurate bitch will take down the terrified bitch any damn day. You can be a boss ass bitch, but all bitches have flaws. And your flaw cannot be that you are weak. You are not a weak person. You're just in a shitty job that doesn't let you shine.
 - 2) Get your action plan together so you can shine all day, every day. Get your budget together. Declutter your space and mind a little. Declutter that schedule as much as you can, too. Look through your life for things that are taking up valuable mind space because you put them there so that you wouldn't have to look at your life. Remove them. Look at your damn life. Let it all soak in and inspire the fuck out of you.
 - 3) Realize that it is now or never and start on your shit today. Start that blog. Get that gig. Go after the person you're in love with in an appropriate fashion. Embrace your inner cheetah and do the damn thing already. You do not have time to waste here. Take the very first step toward the life you've wanted for ages and do not look back.
- 5) Implement
- 1) You've got a plan. You have a budget. You know how much you need in savings and you are actively putting that into your bank account.
 - 2) Do you need a coach? Do you need a mentor? Do you need extra funds for investments down the line? Do you have an actionable plan to make that money?
 - 3) TEST YOUR PLAN. Put an A/B test out there on social media and see which ad campaign drives more traffic and conversions. Contact members of the field you are interested in and find out what their lifestyle is really like. Call up some gallerists for your art blog and low-key quiz them on what is trending and what is the best way to approach selling art, etc. Test the shit you are planning to do with your life. Treat your life right and will do right by you.
- 6) Live, baby

That's all there is to it. You might have been expecting something longer, but when you break it all down, that is all there is to getting out of a job you hate and into one you love. Careful budgeting, planning, testing, and diligence.

Perhaps most importantly, have faith in yourself and your ability to change your life. It only takes six months to be in a totally different career, a different home, a different financial state, and different life. If you can use your head and stay the course, you can get the life you're really after and leave that job behind.

IF YOU FIND YOURSELF NEEDING TO STAY

Hey. We have all been there. If you need to stay in a job that is killing the beautiful things inside you, that's okay. You can stay. You can make it through this portion of your life and move onward and upward as long as you have a PLAN.

Have you ever seen the Unbreakable Kimmy Schmidt on Netflix? You remember the flashbacks she has of turning that crank? How she gets through it by taking it ten seconds at a time? This is just like that except on steroids and also, not in a bunker.

The real difference is that you are actually the one in charge of the show here. You are the one that gets to decide whether or not you really need to stay in this job and how soon you can leave. You get to find new ways of creating income for yourself or finding a new job that will be both better and more lucrative for you.

You are in charge of the bunker of your life. You are the one turning the crank. You are the enchilada. So spice yourself up, baby!

First things first, write down all of your expenses. What's your total? What is the absolute minimum you need to be able to survive?

What is the ideal income that you need to survive?

Is there anything that you can cut out or sacrifice? Is there anything you can do to get those costs less costly? Lower an interest rate? Sell a few old things you don't wear?

I am asking you because I have done all of these things in my quest to rid myself of burdens so that I could accrue more pleasure in my life by not hating my day job. I am telling you that there will be no glory without sacrifice, so let's analyze your situation and see what can be done.

Calculate your income and expenses and create a basic budget for yourself. Stick to that budget like your life depends on it. It doesn't matter if you have a low-end or high-end budget. You just need to have one and refrain from straying from it.

The second thing you need to do is write a list of the reasons that your job is killing you. Is it the hours? Is it the people? Is the place a morally devoid suck-hole of human spirit? Or does the coffee just give you the runs for no reason and you suspect something is amiss in the piping?

I mean, it could be anything. Crappy boss. Crappy lighting. Crappy paperwork. Whatever it is, it seems crappy to me because you think that it is killing you. For some of you out there, it might actually be killing you. Some jobs are very hazardous to their employees' health. We need to create better jobs, but that's beside the point.

If your job is the absolute worst, then you need to transcend your current state and become your absolute best.

You need to take action today and stop thinking to yourself that the job will change. YOU have to change. Something in there is making you believe that you must stay and you have no other option. We really need to address that because you DO NOT need to stay. You might need a better strategy, but babe, you do not need that job.

You can develop your side hustle, your personalized plan for freedom, your very own business, your dream job if you just take the initiative.

So, really, after creating a budget to put some practical numbers in that big brain of yours, you really need to take a moment to figure out what's going on with your mindset. What is holding you back? What are the stories that you are telling yourself that didn't place you in the first section on strategic exits?

Why do you think that there isn't something better out there for you? Why wouldn't there be something more available for you in this world than just slogging through your day? Is it an insecurity? A perceived lack of worthiness or of experience? Are you extremely risk-averse? Do you fear losing your lifestyle or falling behind on your bills?

Those are all valid fears, but they are also all WORKABLE fears. They are all fears that can be solved with planning and a few sacrifices here and there. You need to let go of the doubt clouding your mind and focus on your life's purpose.

What are the things that bring you joy? That energize you and make you feel invincible? What things take you out of your comfort zone in a good way? What groups of people do you admire and aspire to be like? How are they similar to you?

You can be anything you want to be. But you need to accept that as a fact before you can achieve the highest echelon of your being. Your job is a symptom of an overall cause: your mindset.

How often have you started to take action for yourself only to fall backward into old patterns? How often have you allowed your ego to sabotage your ability to get yourself out of limiting behaviors and beliefs? How often have you told yourself the story of 'I can't' or 'I'm not good enough' or 'it's already been done'?

Now, tell me, and be honest, how often have you tried? How often have you really, really tried?

That's step three. Try. Take apart your life in your mind. Now, flip the parts over so that you can see all of the awesome parts. Those parts could actually be on both sides if you'll just try to adjust your perspective a little.

Get in good with a recruiter. Take a class on interviews. Hire a success coach. Finally put those embroidery things you've always wanted to make on Etsy. Do the Nike thing and just do it already.

Nothing is going to change in your life until you do. If you want a big, fancy life, you'd best become a big, fancy person with big, fancy confidence and big, fancy energy. You need to boss up and bitch out. Ain't nobody going to do this for you. And it would be wrong as hell if they tried.

You got this. You can do this. You can find, create, craft, invent, or manifest a new job, a new career, or a new life.

But first, unstick yourself. Hold yourself a little tighter for a moment and release all that stuck nonsense into the air.

Be free. Be yourself. Fat love, queen.

IF YOU ARE SUFFERING FROM DEPRESSION

*Trigger Warner: If you suffer from depression, this section might be hard to read. If you find yourself having a difficult time, please contact someone you know that can help or a professional. The number for the National Suicide Prevention Lifeline is 1-800-273-8255. You have value. You are beautiful.

Okay. Ready?

This is a tough one. I lived that life for so long and was so afraid that it would never end for me. I was mortified that I “couldn’t hack it” in the corporate world and kept changing jobs every nine months. I kept wondering why I was so weak and why I couldn’t just stick it out like a normal person, and it took me quite a while to understand my own mental health.

I was not depressed. I was chronically unhappy and bored as hell at work. I was not challenged. And the only challenging parts of my job included fielding blatant sexism and doing other people’s work for which I was never going to get paid.

But even those things did not irk me so much as my own mind telling me constantly that I could be out there doing so much more of what I loved...

That’s about when my rent and bills would pop into my mind again and remind me that life is not free. I needed to find a way to gather enough financial resources to pay my way or I would be homeless.

Homeless and depressed sounded like an extra sad combo, so I said Nah to both.

I sat with myself for a moment one evening looking at a body that was bloated from sitting most of the day, a mind that was tired from pointless chatter all day long, and a will that was stifled from a story of disempowerment that I’d told it one too many times.

I cried.

A lot.

I cried and cried until I thought I would die and then I cried even harder because I was just so sick of crying. And sick of wanting to die. I just wanted to stop being sad, to stop “being” in general. So I cried until I became numb, and I waited for the breath that would fill me with enough complacency to call my mom without sobbing.

When it did finally come, I was raw from anxiety. My life seemed to be falling apart and my world was so clouded over that everything appeared muted and stupid, including myself.

I felt alone.

And as I told my frustrations to my mother and repeated whatever nasty thing someone had said or implied that day to the woman that gave me life, I wanted to cry out to her that I couldn't take existing anymore. I couldn't take another monotonous day of existing like this anymore and I didn't know if I was just a fuck up or lazy or entitled or what, but I just didn't think I could take it. If this was all that there was to life, I just didn't know if I wanted to stay.

I was too ashamed to tell her that. I'd been severely depressed for a while and even when I made great strides, there was always something eating away at me. I thought that I was defective. That I was flawed or missing some inherent gene most people have that allows them to handle the 'day job'.

It took a very angry phone call a few weeks later from my best friend telling me to either quit and follow our dream or shut the fuck up about my miserable life. She told me that I had to either stop complaining constantly or take the leap of faith that would ultimately change my world. She gave me some tough love, but it was still love and I needed to hear it. I needed someone to cut through my sadness and get to the sleeping part of me that loves a good fight.

This is one of the underrated, but beautiful parts of friendship: the tough parts. The parts that we don't celebrate enough. The parts in which a truth is revealed and is not judged or held against you, but instead stated in a way that allows you to come out of your shell and grow a little more.

Her anti-pep talk worked. In less than six months, I was no longer in therapy, no longer having panic attacks every day, and no longer depressed.

There are times when I still get sad or lonely because I am human. Those times will come and go, but my depression is mostly gone. I have never been happier in my life and I don't know that I would have made it another year if she had not yelled at me to get my shit together when I needed to hear it most.

Friendships are vital to our existence, and not just between people, but between our 'self' and our psyche. We don't come in a size 'perfect', and we don't exist to fit into a box. We come as we are made and we fit in our places just right. Denying yourself the place that you know deep down is right for you is often times depressing. You deserve to be happy. Even if your 'happy' doesn't look like everyone else's happy. Even if your happy seems insane to everyone you know with steady jobs and steady lives. Not everyone needs or wants the 'steady' life. Some of us want adventure and excitement and thrills. Some of us need to see how far our own wings can take us. Everyone deserves a chance to live their dream life, and no one's dream life looks the same.

Depression is a serious thing. One article or blog or manual or guide is not going to cure it. If your depression is work-related like mine was, I hope that you will see the section on leaving your job strategically. But I also hope that you know that you are not alone. Not by a long shot. There is so much support and so much help out here for you. And, of course, you can change your life. You deserve happiness. And you are by no means defective. You might just be a star trying to fit inside a square hole.

Be the star. And guide your fellow stars home.

IF YOU ARE TRAPPED IN THE RAT RACE SURROUNDED BY RATS

This situation is a delicate one. Maybe your day job is surprisingly flexible; maybe your boss values your contributions and suggestions; maybe your work is intellectually stimulating. If it is, God bless and let us know where you found this pot of gold job.

For everyone else: we have all been there, some of us are still there, and we understand your frustration, your exhaustion, your panic to keep your head above the water with a job that does not fulfill you intellectually, monetarily, or emotionally.

Career paths for more traditional office jobs come with coping strategies, HR departments, and fail safes built into the system to ensure employees do not burn out. For those pursuing non-traditional courses of employment, taking the path less traveled means there are no built-in safety rails, you have to construct your own, often with little guidance other than your own trial and error.

Enclosed is a starter kit of safety rails for dealing with those jobs that feel like they are slowly leeching out your soul and will to live.

It is imperative to remember, any day job is there to make you money to pay for food and shelter. Period. Full stop. You can take pride in the product or service you produce, but remember where you truly want to spend your energy and emotional bandwidth.

Bosses and the Ladder of Superiors

Regardless of whether you work for a catering staff, a temp agency, at a restaurant, or as a nanny/manny, you will have at least one experience with a boss, or someone higher on the hierarchy ladder, who makes you want to rip your own skin off, because—let's be honest—that would be less painful than interacting with this person.

Below are some things that have been said to my face:

- You shouldn't say "no worries", it makes you sound stupid.
- You just need to sit there and look pretty.
- I know you studied theater, so I understand if math isn't something you're good at.
- You don't understand, it's complicated and I don't have time to explain.
- I know he called the police on you last time you were in the gallery, but I want you to go back to the gallery, he has a lot of good customers that we need to reach.
- Why did you take a bathroom break without checking with me?

At first blush, everything said above is almost comical. These are lines that could be written for an office sitcom's antagonist who inspires eye rolls and absurd laughter in the audience. But when someone has control of your monetary security, there is a tense line to walk: ignore them and continue to do whatever you want while risking your income? Or modify your behavior and suppress parts of your personality?

These people's personalities range from harmless buffoon to acutely toxic. You need to keep everything in perspective, sometimes these people simply sap your energy, other times it's a slow dangerous brainwashing. Below is a list of said personalities ranging from harmless to most harmful:

The Egoless Buffoon

This higher up may be draining, and make your hours feel like they stretch into days by their witless-ness, but they are so kind hearted and well-meaning that you almost forgive them their brainless transgressions. They change their mind. They hand down the wrong information. They make you do the workload twice over because of their absent-mindedness or lack of clarity. Annoying, yes; agonizing on days you want to feel like you really want to contribute to something. 100% harmful to your mental, emotional and physical state - no more than loud noises on the street that are but mere background distractions on some days; on other days, it will grate against you like steel against your skin.

The best solution for someone like this is to find the humor in the situation. I once worked with a woman who was the VP for a department and so out of touch with reality that she would clip a wall with her shoulder at least 2 times a week. She was old fashioned, liked everything printed, and asked for help folding the architectural drawings as they are supposed to be folded (yes, there is a right way to do it). However, she often printed the wrong ones, or in a different size than she wanted, and would catch her mistake in the middle of me folding pieces of paper sometimes as large as my whole body. She'd come running to whatever space I'd found in the office to tell me to stop, and that she would reprint. To me, nothing was funnier than these almost perfect clowning routines. She became my Mr. Bean and I loved her all the more.

The Nerve Grinder

This person has never done anything to you. They haven't said a word about your work, they haven't ever said anything about your choices, hell, you have zero reason to dislike or be so angry/annoyed when they walk past you in the office. And yet, something about them, makes you clench your fists whenever you hear them talk, or walk by, or see their name on an email. This is your issue, and you need to find a way to make peace with whatever weird rage rears its head in your chest when this person appears in the office.

Meditation, music, podcasts about murder (SSDGM), anything you can use as a soothing aide to your soul should be utilized. This helps to re-center you; while you may still feel like someone is poking one thousand needles into your ears when they speak, you must learn to keep a professional shell. You cannot help what you feel - the feeling is the feeling and you are going to feel it, but that does not mean you are allowed to act on that feeling in a job setting with this type of person. So take physical actions to help move you away from being in the middle of the feeling. Take a walk to a nearby coffee shop with a friend and talk about something other than that person, do a challenging Sudoku, a crossword puzzle, or find an old AP test online and try to take it - anything that mentally and physically redirects your energy.

The Power Hungry Fool

This is where things start to take a turn for the ugly. This is, often, a low- to middle-manager, who is often threatened by new talent in the arena. They will begin to lord their power over you, giving you menial tasks and sniffing at the work you've done. The worst part is that the work they produce can be sub-par, sometimes miles below what you produce. They are out to make sure no one higher up notices your work, your efficiency, nor your ability to produce high quality work in half the time. But you will also start to notice them taking credit for things you did and be praised for it.

Here's the hard part in all of this: if you are not fulfilled in other ways outside of work this will send you spiraling down a rabbit hole of unholy corporate rat racing. Is this really the job you want to hang your hat on? Is this the arena that you need people to recognize your talent and your worth? Are you willing to expend energy, brainpower, and emotional bandwidth to essentially take on a fight for the good of a company that you are using as a stepping stone to pay rent and buy food? Is it a noble fight? Of course, but you have a finite amount of time, energy, and emotional bandwidth. Choose wisely!

The Bus Driver

Almost as insidious as The Whisperer (which we will discuss in a moment), the bus driver doesn't throw you under the bus so much as drive over you themselves, in front of you, and with a caring expression on their face. Often this type of person will take you under their wing as though they are going to help shepherd you through the absolute bullshit of the office. One day you find that in doing all your good work and taking on everything asked of you and being told you are a huge asset to the company, this person asks to speak with you and says that you are not staying in your lane and need to keep in mind what your job is. Bonus points if that is done in front of someone on a higher rung than them, who then backs them up in their statement. You're not sure what's happening because at no point were you ever told that what you were doing was wrong or outside of your scope of work. This has escalated quickly. If at any time sacrificing you means this person can rise up, move forward, or look good in the eyes of the decision makers, they will do it.

These people are not to be trusted, and you have to make sure to keep them on the other side of a nice white picket fence. Never trust them with your emotional security in the job; they will take advantage of this. Use this as an opportunity to develop your professional persona, the one that you can use as a shield throughout all your day jobs, or if you ever have to deal with a professional you don't trust. This is where I would suggest you start speaking up for yourself and others (they may try to use others to drive over you - don't let that happen; that other person is probably just as confused as you are). Be clear, state the facts as you understand them, and ask for clarification on the issue. This person only has power if you allow the cloudy mist they cast over the situation to persist. Shining the sun on the issue will dissipate their power and keep you mentally and emotionally together.

The Oppressive Collector

Now this one. This person is not someone you typically report to, but they make the decisions and you see the unending problems every choice they make creates for everyone in the company. Not only do they make the decisions based on their thinking and their thinking alone, but they often employ incredibly talented people for their experience, yet refuse to listen to anything those people have to say. The rage that will fill you with knowing that this one person is creating so many problems because of their own ego- that warrior inside of you will turn full on Spartacus and you spend at least half of your time plotting their downfall and removal from power because no one that bloated with self-importance should have such an influence over so many lives.

Unless you are willing to take this person on as your sworn mortal enemy and swear upon all that you hold holy to vanquish this person, you have no power to fix the situation. This is a toxic environment. You need to find another source of mental and emotional fulfillment other than this job. You have to be ok with this enterprise failing, you need to truly treat this with the emotional disconnection of a job that is paying your rent and buying you food. The easiest way to do this is to volunteer for something important to you, or be part of a group that does something for other people that brings only good things to others. Remember this is not the fight you on which you want to hang your hat. Conserve your emotional and mental energy for things that actually matter to you.

The Whisperer

Kind to your face, a sly demon behind your back, this toxic personality ingratiates themselves into your life at work. Perhaps they're the first person you met that brought you into the fold, and then proceeds to whisper to others behind your back about your inabilities. Perhaps, they claim to have faith in you, but have "reservations" about you. People generally won't bring this to you so that you can dispute it; it's not gossip, after all, and it's not "mean". Instead, they will torpedo you and you won't even know that you've been hit. Your credibility will be impacted and you'll be working with a handicap while remaining none the wiser.

Speak up for yourself; this will help your emotional and mental state. You can do this calmly, you can do this with dignity, and you can do this with charm. Shining a light on their actions will subject them to something completely uncomfortable; as soon as the illusion they've created is shattered, people will begin to trust you again. As great as it is to be respected in your day job, remember where your mental and emotional energy should be directed overall.

Coping Options

If you don't have a project you're excited about outside of your day job, you need the following to help bring your emotional, mental and physical wellbeing into balance:

- A strong group of supportive friends
 - This means no one that is constantly dragging you down, no one who lets you wallow for an unnecessary amount of time, no one who takes extra energy you don't have to give. This means a group of friends who laugh throughout the day. This means friends who don't need you to save them, friends who expand your horizons mentally. These people are your family and together you should be helping each other grow as people. This will inform your life in ways you have never anticipated.
- A physical activity you enjoy doing alone
 - For when you need to go into that crazed energy place alone. This physical activity should tire you out and take up not only physical energy, but mental and emotional energy as well. For me, it's going to the gym and doing squats, leg presses, and glute bridges, followed by across the floors from by gone ballet days. The tension release from these exercises is a full body experience and helps me reset for the day and whatever else life has to throw at me. Go for a run, do some calisthenics, hop on the at-home-yoga train. Just get your body moving and your brain off of your day job.
- A physical activity you enjoy in a group setting
 - You need endorphins, but you also need other people around you contributing to the group atmosphere. Group classes are incredibly popular right now and you can find some free group classes with some good searching. This type of setting gives you an opportunity to feel connected to a community and sometimes you need that. Sometimes you need the collective support of others' energy. For me, I chose Jazzercise. No ego, and no judgement about getting the steps wrong. But you could choose any number of activities: bicycling, scuba diving, competitive shopping, a very active game of D&D - just do something that makes you move with other people.

- A creative outlet
 - Whether it is woodworking, puppet crafting, costume sewing, attending museums and pop up art installations, or simply coloring in a coloring book while watching Netflix (and fuck those adult coloring books with their tiny ass lines, get yourself a good old fashioned large format Scooby-Doo or Disney Princess coloring book), you need something creative for your mental and emotional wellbeing. This outlet will help keep you balanced as you spend time at a job that will most likely require you to restrict part of your personality. Get yourself an outlet that allows your inner freak flag to fly.
- A volunteer position
 - Helping others makes you feel better. It helps to put things into perspective and you can see the positive effects of your work almost immediately. Long form or short form, volunteering helps balance the struggle between wanting to contribute to something meaningful and doing something that pays rent and buys food. It has also been shown to cut down on depression and improve one's sense of purpose.
- Spend time outside
 - Full disclosure: I hate dirt; I am not a nature person. However, being outside in a park or quiet place does wonders in putting you back in a neutral headspace. If you can get to a beach, go to the beach. Even a quick walk in the winter can help you feel less trapped in your own head. Nature is another one of those magic pills created by the world that eases depression, anxiety, and a myriad of mental health issues. It may not cure them all, but it definitely helps people cope with said issues.

The most important thing you can do to help yourself cope with a day job you hate, however, is to GET OUT OF YOUR DAY JOB.

If your 9-5 is killing you and you can't take it anymore, you need a plan to escape as quickly and sustainably as possible. You are the only one making yourself stay inside that job. We can help you handle the weirdos that have turned mediocrity into a lifestyle, but we'd much rather help you escape.

If you'd like to quit your gig, you need three basic things to survive:

A Plan

3-6 Months of Savings

A Coach, Guide, or Group Program

The plan part is simple: you need a strategy for making money after you leave your day job. If you're a dog walker, you need to prove that your side hustle can rake in enough dough for you to survive on in the leanest of months. You need a list of clients, and preferably, a wait list of clients that are lined up to help you make your dreams come true. Or, if your dream job is not service-based, you need proof of viability for whatever this new job might be.

The savings part is not as simple if you're already in debt or barely scraping by. Check out some of the programs at FatChix on wealth creation or sign up for our newsletter and be the first to know when our next guides on budgeting and passive income creation will be available.

As for coaching, you might hire a recruiter if you're just looking to transfer jobs. You might also join a group program for entrepreneurs or freelancers that are trying to do their side hustle full time. Group programs tend to be less expensive than 1:1 coaching programs. They are also less heavily tailored to your specific issues and needs, though, so choose carefully. Hire

someone or take a course taught by someone that started where you are and has gotten where you want to go. Look in odd places for inspiration. Maybe you'll find them through a friend, a relative, or a FaceBook group. Maybe it's your cousin, Alexandra, that you never thought to reach out to about this stuff because she's intimidating and a little cold. Either way, just make sure you look for someone to guide you and if you can't afford to pay someone, leverage your personal network and find someone that can give you five minutes of free advice or the answer to one burning question you might have about your business/career path. Get guidance and let go of your fears.

The only one stopping you is yourself.

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