

🔥 Cheat Sheet: Recommit When You're Feeling Disengaged at Work

🚩 Signs You're Disengaged

- 🌄 **Low Energy** – Work feels draining
- 🕒 **Clock-Watching** – Counting hours instead of enjoying tasks
- 🚫 **Withdrawal** – Less collaboration with teammates
- ✗ **Declining Performance** – Struggling to meet expectations

🧠 Find the Root Cause

- 📈 **Burnout** – Overwork, stress, lack of balance
- 🎯 **Misaligned Goals** – Work doesn't connect to what matters to you
- 🔄 **Routine Fatigue** – Repetition without growth opportunities
- 🤷 **Lack of Recognition** – Feeling undervalued

✓ Practical Strategies to Recommit

- 🌟 **Reconnect with Purpose** – Reflect on why your work matters
- 📁 **Set Small Wins** – Break projects into motivating milestones
- 🤝 **Engage with Colleagues** – Build energy through collaboration
- 📖 **Learn Something New** – Add variety to reignite curiosity
- 🌱 **Prioritize Well-being** – Balance rest, focus, and recovery

🚀 Quick Action Steps

1. Identify **one disengagement trigger** this week
2. Take **one step** to reconnect (learning, collaboration, reflection)
3. Share progress with a peer or manager for accountability

💡 **Remember:** Disengagement is temporary—small shifts can reignite your energy and help you thrive at work again.