









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.