AIJAZ SIDDIQUE

GLOBAL EDITION

A 30-DAY ACTION GUIDE

Before You Resign

Reduce work pressure, set boundaries and decide what comes next — with worksheets, scripts and a plan you can start tonight.

“You do not have to solve your entire career tonight.”

11 WORKSHEETS · 11 SCRIPTS · INTERNATIONAL SUPPORT RESOURCES

2026

This table is for orientation, **not self-diagnosis**. Burnout, depression and anxiety overlap, and no worksheet can reliably tell them apart. Feeling better on a day off does not rule out depression. [5, 6, 10]

Find the main sources of pressure

Occupational-health guidance identifies problems in how work is designed, including workload, control, support, relationships, role clarity and organizational change. Use those categories as prompts, not as a test score. [11]

WORKSHEET 2

Your pressure map

Purpose: identify the two problems worth acting on first. Time: eight minutes.

Choose no more than **two** rows initially. Add a recent example and name who could change the condition.

POSSIBLE SOURCE	AN EXAMPLE TO LOOK FOR
Work volume or pace	More customer cases than the staffed shift can handle
Lack of control	Deadlines change without allowing you to change the order of work
Missing support or tools	You are accountable for a system you have not been trained to use
Relationships	Feedback includes humiliation rather than specific corrections
Conflicting responsibilities	Two managers each expect their work to come first
Uncertainty or change	A restructuring changes your duties without explaining ownership
Physical conditions or schedule	Heat, noise, rotating shifts, missed breaks or a long commute
Work fit	The core activity drains you even when the workload is reasonable
Life outside work	Caregiving, illness, grief or household demands leave little recovery time

Pressure 1 — what happened, how often, who can change it:

Pressure 2 — what happened, how often, who can change it:

CHAPTER 4

Say what can actually be done

A professional limit is often a clear description of what is possible, followed by a decision the other person needs to make.

You do not need to give a speech about boundaries. Start with the work.

Useful pattern: "I am doing A. B needs this much time. I can deliver B at this time, or we can change A. Which would you prefer?"

These scripts cannot guarantee a fair response. Weigh who you are speaking to, what discretion your role allows and whether raising concerns has been punished before. In a high-risk setting, a short request for clarification may be safer than a firm refusal; if even that is unsafe, get confidential advice before sending anything.

SCRIPT 1 Two competing priorities

> "I can finish the client proposal by Thursday or the revised report by Thursday. I can't complete both to the required standard in that time. Which should come first, and can the other move to Monday?"

LOWER-RISK VERSION:

> "I'm working on the client proposal for Thursday. Where should the revised report sit in the order? If it comes first, I'll need to update the proposal timing."

Use real estimates. Do not say Monday if Monday is already full.

SCRIPT 2 When everything is urgent

> "Understood that all three matter. The available time covers one today. Which has the most serious consequence if it waits? I'll start there, then confirm the timing of the others."

B. ESSENTIAL MONTHLY SPENDING

ITEM	MONTHLY AMOUNT
Rent or mortgage	
Other loan and debt payments (car, student, credit cards)	
Food, utilities, phone and necessary transport	
Dependents, education and regular family support	
Healthcare, medicines and relevant insurance costs	
Other essentials, including a monthly allowance for irregular bills	
Total essential monthly spending	

C. RELIABLE NET INCOME DURING THE GAP

Include only income you have solid grounds to count on, after costs and taxes. Uncertain income — freelance work that may or may not arrive — goes in a separate note.

Reliable monthly income: ______________________

Monthly shortfall = essential spending minus reliable income: ______________________

APPROXIMATE RUNWAY = USABLE TRANSITION MONEY ÷ POSITIVE MONTHLY SHORTFALL.

If the shortfall is zero or negative, the formula cannot tell you how long you are protected — check how secure the income is and when bills actually fall due.

> **Smaller version:** write three numbers: accessible savings, essential monthly spending and confirmed income during the gap. Then identify the biggest missing figure.

A worked example, not a target

The figures below are in US dollars so the example stays concrete; the arithmetic works in any currency.

Dev has $10,000 in accessible savings. He sets aside $1,200 for one-off transition costs and $2,800 as a protected reserve. That leaves **$6,000** for ordinary living costs during the gap.

DECIDE

Stay, change or leave? The decision dashboard

Chapters 7 through 10 gave you the evidence. This page compresses it into one view. Tick what you have **observed**, not what you hope — and revisit it whenever the early-warning card (Worksheet 11) flashes. There is no score and no total; the pattern of answers is what matters.

EVIDENCE	YES	NO	UNKNOWN
My main source of pressure could realistically change here	☐	☐	☐
People with authority have actually made the agreed changes	☐	☐	☐
The improvement survived a busy period	☐	☐	☐
The core work still suits me when conditions are reasonable	☐	☐	☐
I know what alternative roles and teams actually look like	☐	☐	☐
I understand my financial runway if I leave	☐	☐	☐

WHAT THE PATTERN CAN MEAN:

- **Mostly yes on the repair questions** → continue the bounded repair test (Worksheet 6), with the review dates you set.
- **The core work fits but the environment does not** → investigate another team or company (Chapters 8 and 10).
- **Repair has repeatedly failed to hold** → prepare an exit deliberately (Chapters 9 and 10). Deciding early is what makes leaving safe.
- **Health or safety requires immediate action** → do not wait for this page; use the support route at the front of the book.

WHATEVER YOU DECIDE, WRITE DOWN:

- My next review date: ______________
- The fact that would change my mind: ______________
- The first action, this week: ______________

Worksheet 10 turns this choice into a dated record. This page is where you see it at a glance.

APPENDIX

Appendix C: The one-page card

Print this page or photograph it. The rest of the book is the method; this is the part to keep where you can find it at 11 p.m.

If you need help now

EMERGENCY AND CRISIS LINES		
United States	911	988 Suicide & Crisis Lifeline: call or text **988**
Canada	911	9-8-8 Suicide Crisis Helpline: call or text **9-8-8**
United Kingdom	999	Samaritans: **116 123**
European Union	112	National lines vary — see findahelpline.com
Australia	000	Lifeline: **13 11 14**
India	112	Tele-MANAS: **14416** or **1800-891-4416**
Anywhere else	**Local emergency number**	findahelpline.com

Listings checked against official sources on September 11, 2026. A helpline does not replace emergency care: if you cannot stay safe, use the emergency number or the nearest emergency department.

The five numbers that shape your exit plan

1. Usable transition money (Worksheet 8, section A)
2. Essential monthly spending (Worksheet 8, section B)
3. Reliable monthly income during the gap (Worksheet 8, section C)
4. Monthly shortfall = 2 − 3
5. Approximate runway = 1 ÷ 4

Three sentences to keep ready

- One factual request: “What should move so I can take this on?” (Chapter 4)
- One bounded test: “I need ______________ to change by ______________. If it does not, my next step is ______________.” (Chapter 7)
- One honest sentence about money: “Here are our essential expenses and the money available.” (Chapter 11)

The one date

My next decision-record review date (Worksheet 10): ______________