

URL: <https://stvp.stanford.edu/clips/a-one-day-gut-check>

When an opportunity turns out to be less than ideal, how do you decide whether to stick it out or move on? Cisco executive vice president Amy Chang often advises mentees to take a day off and spend the day asking themselves some fundamental questions about their current situation and their future goals.



## Transcript

- So at what point do you know Amy, 00:00:05,420 when you should still keep going at it and not giving up on it? And at what point do you know that you've given it enough and it's time to move on? - I think that's such a personal decision.. 00:00:17,010 Whenever I'm sitting down with mentees and we're talking through that, one of the things that I'm trying to discern is what is it that you don't like about it? And have you tried to change it in situ, right? In the context of where you are, what have you already done to change the circumstances? Because you don't want to throw the baby out with the bath water, right? You don't want to say, oh, I've been here six months and I don't love everything about it, so I'm going to change jobs, 'cause that won't necessarily fix it.. What do you not like about it? And trying to, in some cases take a day.. Here's my advice.. You take a day off, you go somewhere, somewhere that inspires you.. If that's back to campus, wherever it is, go somewhere that inspires you, sit on with a notebook, don't even bring any devices, and just ask yourself a series of questions.. Like, what do I love about my day? What do I not? What do I want out of the next year? Two years, and some fundamental questions, write it down, right? And then take a step away from it for a week or so, come back and look and see what you wrote 'cause buried in there, is a certain amount of insight when you just stop and distill, and really are still for a moment.. You get a better sense of where your gut is...