

Career FOMO = a fear of missing out on things you perceive as important for your career.

## Assess yourself against the career FOMO factors:

	Yes	No
👉 Do you check social media obsessively to see what others are doing?	<input type="checkbox"/>	<input type="checkbox"/>
👉 Do you experience negative feelings when comparing your career to others?	<input type="checkbox"/>	<input type="checkbox"/>
👉 Do you say yes at work a lot more than you say no?	<input type="checkbox"/>	<input type="checkbox"/>
👉 Does a lack of confidence stop you from trying things out in your career?	<input type="checkbox"/>	<input type="checkbox"/>
👉 Do you get easily distracted and find deep work difficult?	<input type="checkbox"/>	<input type="checkbox"/>
👉 Do you have a sense of 'shoulds' about your career e.g. <i>I should be earning more, doing more, having side project?</i>	<input type="checkbox"/>	<input type="checkbox"/>

Every 'yes' increases the likelihood that career FOMO is affecting how you feel about your development.

## Ideas for action



### 1. Remind yourself why

Career FOMO stops us remembering the positive choices we have made that have got us to where we are today.

These choices might have included where you wanted to live, the type of work you wanted to do or the kind of people you wanted to work with.

Reminding yourself of your choices can help you feel proud of where you are and prevent comparison creating negative emotions.

👉 *What decisions have I made about my development that I am proud of?*



### 2. Limit the triggers

There are different types of career FOMO. Sometimes it comes from comparing ourselves to our friends who might seem to be having more fun at work, sometimes it's colleagues who seem to be doing better things and sometimes it's the result of social media making people look shiny and successful.

Once you know your trigger, it's helpful to relook at your relationship with that part of your work life. Limiting how often you are exposed to a trigger will help you resist feelings of FOMO.

👉 *What triggers your FOMO and how can you limit your exposure?*



### 3. Mental time travel

Letting go of FOMO requires you to be OK with what you have and where you are.

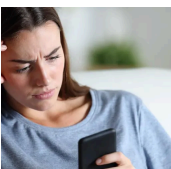
If you feel the pull of FOMO, fast forward 6 months and think about what you'll be proud of, what you'll be working on and what you'll be looking forward to.

Connecting to feelings of optimism can stop career FOMO leading to negative thoughts.

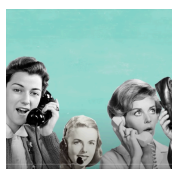
👉 *What do you feel positive about in terms of your work over the next 6 months?*



## Recommended resources



[Forbes article on the psychology behind FOMO](#)



[School of Life's view of how to deal with FOMO.](#)



[Helen and Sarah discuss how to stop career comparison affecting your confidence.](#)