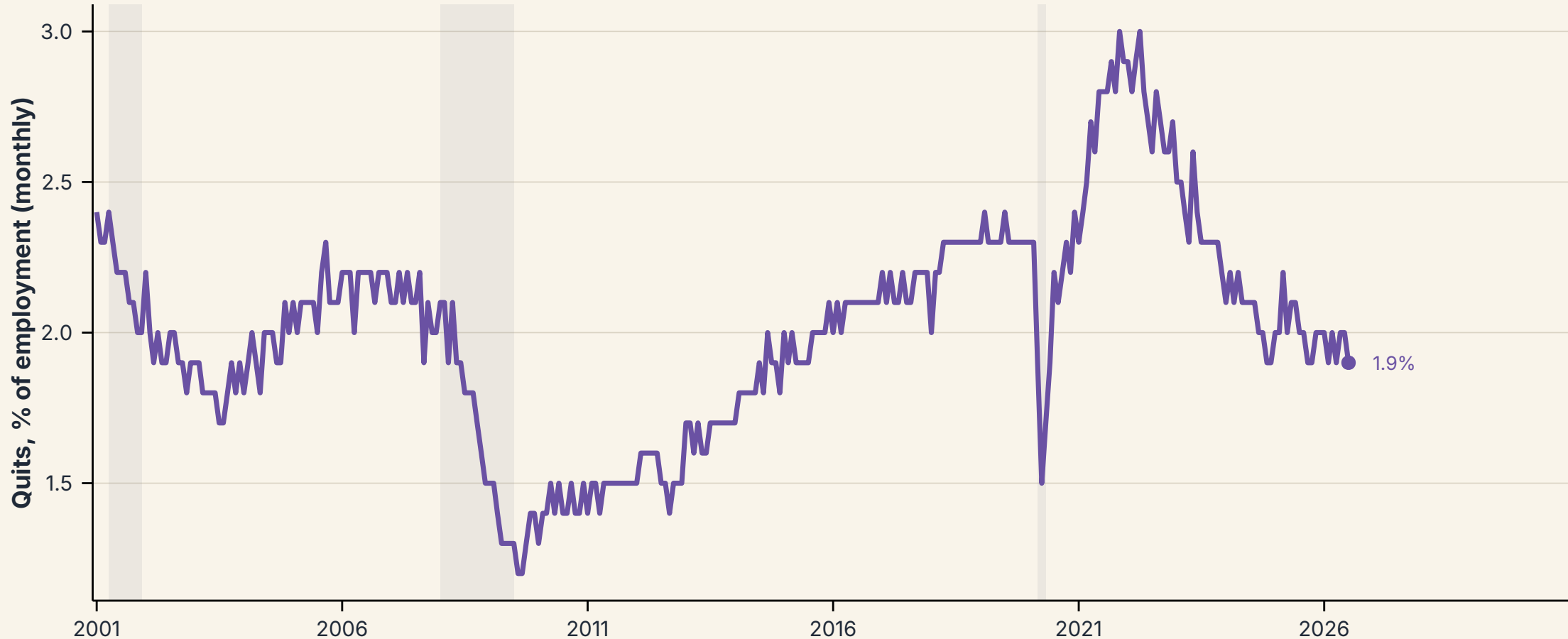


The Confidence Meter: Who's Quitting Their Job?

Latest: July 2026



Notes: JOLTS quits rate: voluntary separations as a share of employment, seasonally adjusted. Workers quit when they're confident of finding better. JOLTS lags ~1 month. Shaded bars: NBER recessions.
Source: U.S. Bureau of Labor Statistics via FRED (JTSQR). Retrieved 01 Sep 2026.
Chart by Mokhtar Tabari · vizdelta.com