

Set aside 20–30 minutes. Find a quiet space. Write without editing or judging your thoughts.

## What roles am I exploring?

- What roles / paths am I curious about?
- What specifically attracts me to them?
- What assumptions am I making?

## Conversations to have

- Who can I speak to in this space?
- What do I want to learn from them?
- What questions will I ask?

## Experiments to try

- What small, low-risk experiments can I run?
- What projects / tasks can I take on?
- What skill can I test in real situations?

## Signals to Observe

- What energises me during exploration?
- What feels draining or misaligned?
- What am I learning about myself?

## Validation Check

- What evidence do I have this path fits me?
- What assumptions have been proven wrong?
- What still needs testing?

## My Next Step

- What is one next action I will take?
- When will I take it?
- Who can support me?

“You don’t have to see the whole path to take the next step — clarity comes from moving, not just thinking.”