

My Current Reality

- What energizes me in my current role?
- What consistently drains me?
- What feels misaligned right now?



Signals for Change

- What signs tell me something needs to change?
- Is this about the role, the environment, or the way I work?
- How long have I felt this way?



Strengths and Skills I Carry

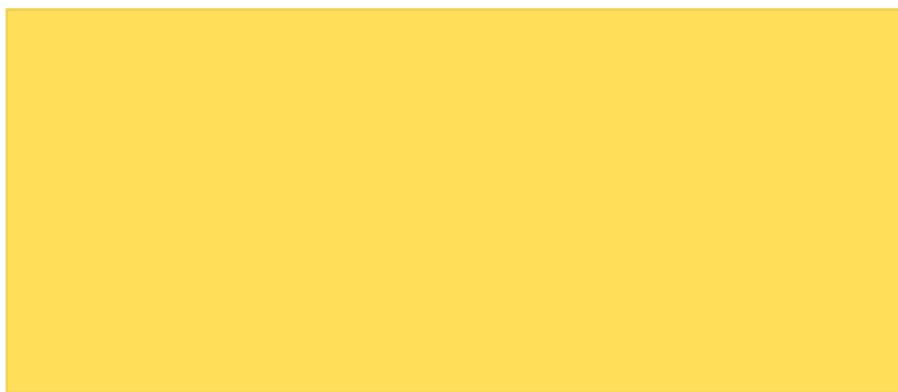
Forward

- What strengths am I known for?
- What skills are transferable across roles or industries?
- What do people seek my help for?



Exploration Before Decision

- What roles, paths, or projects spark my curiosity?
- Who can I speak to for insight and perspective?
- What small, low-risk experiments can I try?



My Readiness Check

- Am I moving toward growth—or away from discomfort?
- What fears are influencing my thinking?
- What support do I need to move forward thoughtfully?

