

Redesign vs Reinvent Canvas

Design your next career move intentionally

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

Naming the Discomfort

1. What moments in my workday drain me the most?
2. When do I feel most disengaged or restless?
3. What part of my role feels hardest to sustain right now?



Helps surface whether the issue is role, workload, environment, or values related

Testing Re-Design

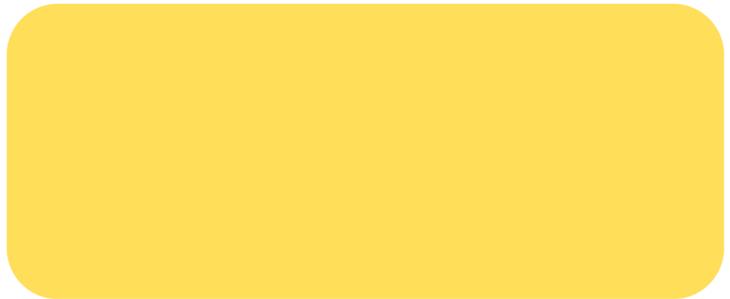
1. If I could redesign 20–30% of my role, what would I change?
2. What responsibilities would I reduce, delegate, or stop?
3. How might these changes affect my energy and motivation?



Explores whether reshaping is a viable option

Exploring Re-invention

1. When I think about changing roles or directions, what draws me most?
2. Am I more excited by what I'm moving toward—or relieved to leave something behind?
3. What fears surface when I imagine starting anew?



Distinguishes growth-driven change from escape

Values Check

1. What values feel non-negotiable for me at this stage of life?
2. Which option—redesign or reinvent—honours those values more?
3. What kind of professional do I want to be known as going forward?



Anchors decision in identity and values.

Next Insight - Not Next Move

1. Today, I am leaning toward:
 Redesign Reinvent
2. What insight led me here?
3. What is one small, low-risk step I can take to test this leaning?



Encourages experimentation over impulsive action.

Clarity doesn't come from rushing into action—it comes from listening deeply.
Revisit this journal in a few days. Insight often arrives in layers.