

## Why this Reflection Guide Matters

Career transitions don't end when you accept a new role or step into a new chapter. In many ways, that is when the deeper transition begins. The early phase of any transition can feel exciting, uncomfortable, energising, and uncertain—all at the same time. You may no longer feel like the expert. Your confidence may fluctuate. Things that once felt easy may suddenly require effort again. This guide is designed to help you navigate that phase thoughtfully. Use these reflections to:

- assess how you are adapting,
- reconnect with your strengths,
- identify areas for growth, and
- build sustainable confidence over time.

Remember: thriving is not about becoming perfect quickly. It is about staying open, adaptable, and intentional while you grow into your next chapter.

## Understanding Transition Experience

- What has felt most energizing about this transition so far?
- What has felt most uncomfortable or unfamiliar?
- What has surprised me most about this new chapter?
- What am I learning about myself through this transition?

## Navigating the “Newness Dip”

- Where am I currently feeling uncertain?
- Am I interpreting unfamiliarity as failure?
- What would I say to someone else experiencing this same transition?
- What small signs of progress might I be overlooking?

## The Confidence Check

- What strengths from my previous experiences still serve me today?
- What have I already handled better than I expected?
- What capabilities am I currently developing?
- What does progress realistically look like over the next 3 months?

## Building Credibility

- Am I listening enough before trying to influence?
- What relationships do I need to strengthen?
- How can I contribute value without overextending myself?
- What behaviors will help people trust me over time?

## Staying Adaptable and Resilient

- What mindset helped me succeed in the past?
- What mindset might I need now?
- Where do I need to stay curious rather than defensive?
- What habits will help me continue learning consistently?

## My Growth Commitment

Over the next 30 Days I want to focus on

- One relationship I want to strengthen
- One capability I want to improve
- One reminder I want to give myself during this transition

## Closing Reflections

Transitions are rarely smooth, linear experiences. They are periods of adjustment, uncertainty, growth, and rediscovery. Be patient with yourself.

You are not starting from zero.

You are building from experience—while learning how to apply it in new ways.

And often, the discomfort you feel today becomes the confidence you carry tomorrow.

**“Thriving after transition is not about proving yourself immediately.**

**It is about learning, adapting, and growing long enough for confidence to take root.”**

**- Amazing Coach Sri**