

Permission **TO PIVOT**

Part 1: Looking in the Mirror

1. What parts of my current life or work feel like they no longer fit?

What feels heavy, frustrating, or like I'm simply going through the motions?

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2. Where do I feel most energised or alive lately, even in small moments?

When do I feel most like me?

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3. What would I choose differently if I fully trusted myself to handle what came next?

Forget logistics for a moment. What does my heart say?

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Part 2: Naming the Fear, Finding the Fire

4. What am I afraid of when I think about making a change or pivot?

Eg. instability, judgement, failure, visibility, etc.

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5. What's the cost of not making a change?

How does staying where I am impact my wellbeing, joy, or purpose?

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6. What stories am I telling myself about what's possible, and are they still true?

Eg. "People like me don't start businesses," "I need to be 100% ready," "It's too late."

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Part 3: Permission, Choice & Next Steps

7. If I gave myself full permission to want what I want, what might I do next?

Let this be playful. There are no wrong answers.

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8. What kind of support would help me move forward, emotionally, practically, or professionally?

Eg. a coach, peer group, family encouragement, financial planning, etc.

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9. What's one small action I can take this week that brings me closer to my future self?

It could be an email, a boundary, a conversation, a walk to think, anything that signals change.

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To finish off...

"More" doesn't mean reckless. It doesn't mean ungrateful. It means...

(Finish the sentence in your own words.)