

EXERCISE ONE: IDENTIFY YOUR CORE VALUES

It's easy to let time pass without pausing to notice what you value and what you want more of in your career. If you're considering a pivot, these core values become your *why*, a powerful idea you can return to when the going gets tough or social media comparison starts to creep in.

- 1. Your Starting Point:** No two pivots are the same, so it's important to start by understanding your current situation. and what it's lacking. Use the space below to assess your position or career path using the guiding prompts: *Is this still something I want to progress in? Are there any parts of the job I want to grow in? Any skills I want to learn inside or outside the job? Is this career still matching up with how I want my life to look?*

- 2. Your Destination:** Next, identify what you're looking for or what's missing, focusing on feelings like spontaneity, creativity, time, or adventure. Remember, we gravitate to the things we want to be doing *really*—whether as hobbies, entertainment, or childhood dreams—so collect the clues, and then list your top 3 core values below:

1.

2.

3.

- 3. Your Next Step:** What does each word look like in practical terms? To the right of each core value, brainstorm 2-3 concrete actions—big or small—that you can take to create more of that experience or feeling into your life. By attaching actionable steps to each value, you're not locking yourself into a single next move but rather setting up stepping stones that will get you closer to feeling fulfilled. To take the first step, commit to taking one action each week.