

Looking Back

What in your life is going well?

What in your career is going well?

What do you feel is slowing you down in your progress?

Where do you feel you need more support?

Take a look at the following sentences. On a scale from 1 to 10 (10 being the highest), how much do you feel are they slowing you down on your career journey?

- ✚ Overthinking:
- ✚ Perfectionism:
- ✚ Procrastination:
- ✚ Competitiveness:
- ✚ Low self-confidence:
- ✚ Lack of support system:
- ✚ Ability to tackle challenges:
- ✚ Ability to express my desires:
- ✚ Ability to express my emotions:



Course Correction vs. Pivoting

Course Correction means altering the course to get back on track.

Imagine a plane taking off from Los Angeles en route to New York. If, during takeoff, the pilot decided to adjust course 3.5 degrees to the south, the plane's nose would move just a few feet. Outside of the cockpit, no one on board would notice the small movement. But over the course of a journey across the country, the impact of the change would be considerable, and the confused passengers would alight from their plane in Washington, DC, not New York.

(One of the key ideas from the book *Atomic Habits* by James Clear.)

Pivoting means fundamentally changing the direction.

In business, pivoting means fundamentally changing the direction of a business when you realize the current products or services aren't meeting the needs of the market – or a strategy when you realize it isn't working out for you. The main goal of a pivot is to help a company improve revenue or survive in the market, but the way you pivot your business can make all the difference.

(www.forbes.com)

→ What in your career (and life) would highly benefit from *course correcting* and what would require a more drastic change such as *pivoting*?



Recommitment

Why do I want to be a _____?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Why will I succeed as a _____?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.