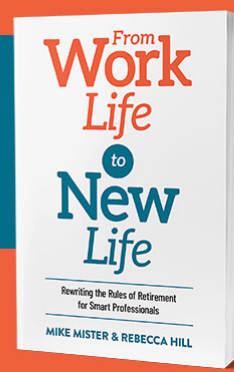


From Work Life to New Life



So what next? A reflective exercise to get the ball rolling

- What sort of roles are you considering for yourself when the time comes for you to leave your current role and organisation? Let your imagination run wild and note down your ideas.
- How might you explain to your friends, family, and former work colleagues these new role(s) and what you might be doing?
- Try it on for size by practicing your answer aloud in front of a mirror if you're feeling bold.
- Which of these ideas feels the most comfortable (can be more than one)?
- Why is that? Is it too similar to past roles or so new and different that it is exciting?
- Has doing this exercise made any of your options seem more (or less) attractive and therefore opportunities for further future exploration?
- What small step(s) are you going to take to start making your ideas a reality?