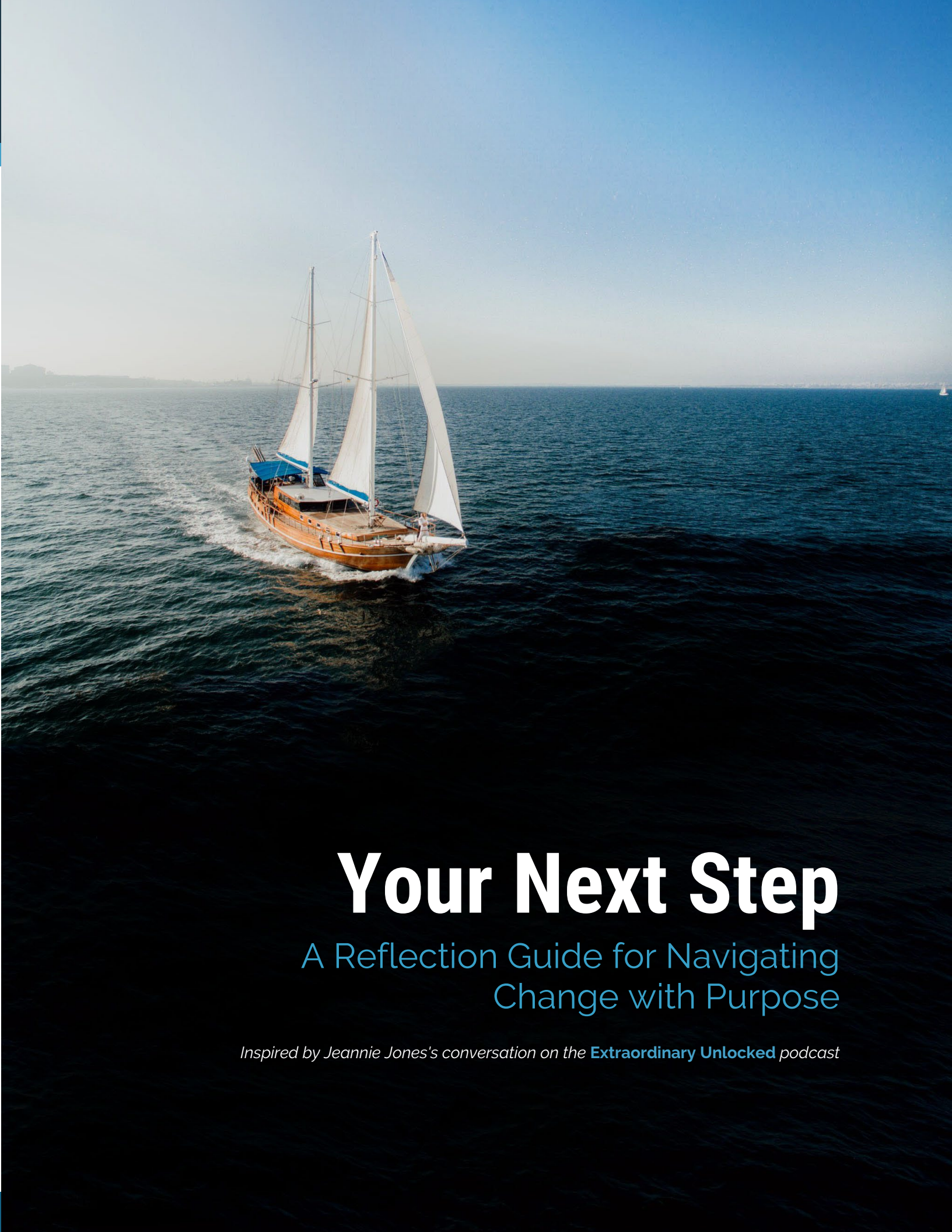


Your Next Step

A Reflection Guide for Navigating Change with Purpose

Inspired by Jeannie Jones's conversation on the **Extraordinary Unlocked** *podcast*



Life rarely unfolds exactly as planned. And perhaps that's okay.

Whether you're stepping into a new leadership role, considering a career change, navigating an unexpected transition, or simply feeling a little off course, it can be tempting to wait until you have all the answers.

> But what if you don't need to know exactly where the road leads?

Sometimes the most meaningful progress begins when we pause, reflect, reconnect with what matters, and take one intentional step forward.

This guide offers a few questions to help you do just that. Grab a cup of coffee, find a quiet moment, and give yourself permission to explore.

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1 Pause and Check Your Compass

Our values help guide our decisions, particularly when life feels uncertain or overwhelming.

- What matters most to you in this season of life?
  Think about the people, relationships, experiences, and principles you most want to honor.

- Where do you feel most aligned with those priorities? Where might you be drifting off course?

2 Take an Honest Look at Where You Are

Sometimes we're so busy moving forward that we forget to ask whether we're heading in the direction we actually want to go.

- What's working well in your life or career right now?

- What's draining your energy, holding you back, or no longer serving you?

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And here's a question worth considering:

- What might be the cost of *not* making a change?

3 Explore What's Possible

Change can bring uncertainty, but it can also create opportunities we hadn't considered.

- If fear of failure or self-doubt weren't holding you back, what might you explore?

- Who in your life has encouraged you, believed in your potential, or helped you see possibilities you hadn't recognized?

- What resources, relationships, or strengths could help you move forward?

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4 Identify Your Next Stepping Stone

You don't have to have the entire journey mapped out. Start with what's in front of you.

- What's one meaningful step you could take toward greater alignment, wellbeing, or fulfillment?
- What's one small action you can take in the next seven days?
- Who or what could help you stay accountable?

★ A Final Reflection

Imagine looking back on this season of your life a year from now.

- What would you hope to say about the choices you made, the courage you found, or the way you showed up for yourself and others?

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A Little Encouragement for the Journey

Progress doesn't always happen in a straight line. Some doors will open, others will close, and sometimes you'll discover that an opportunity isn't the right fit after all.

You don't have to know every stepping stone.
Just begin with the one in front of you.



At Rudder Consulting, we help individuals, teams, and organizations navigate change, strengthen leadership, and create environments where people can thrive. Our approach is agile, empathetic, and results-driven. We tailor trainings to meet the unique needs and objectives of each client. Through collaborative partnership, we aim to take on the burden of your training dilemmas by providing scalable solutions that drive engagement, connectedness, and motivation. With a focus on culture, leadership development, resilience, team dynamics, and mental fitness, we strive to create lasting impact and empower individuals, teams and organizations to reach their full potential.

Inspiring & Empowering
Healthy High Performance Through
Customized Training Solutions

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