

Direction Change Moment

CHANGING DIRECTION

WHAT CHANGED • WHAT DIDN'T Separate new facts, capacity, priorities, and constraints from the emotional verdict you are making them mean.

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

What Changed What Didn't

CHANGING DIRECTION

KEEP • RELEASE • REWORK Changing direction does not require burning down the whole map.

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Keep Release Rework

CHANGING DIRECTION

BUILD MY COMPASS MATTERS • CAPACITY • NON-NEGOTIABLE • CURIOSITY. What needs to remain true enough in the next season?

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

My Compass

CHANGING DIRECTION

THREE DIRECTIONS A: Continue, but different. B: Pivot. C: Pause / Exit / Begin Again. Compare before committing.

NOTICE

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What do I want to remember?

CARRY FORWARD

What is one small next move?

Three Directions

CHANGING DIRECTION

ONE DROP TURN Choose the smallest meaningful, reversible, specific action that creates information or movement.

NOTICE

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CHOOSE

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ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

One Drop Turn

CHANGING DIRECTION

LIGHTHOUSE PLAN Name the direction you are testing, the One Drop Turn, support needed, evidence to watch, and a real review date.

NOTICE

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CHOOSE

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ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Lighthouse Plan

CHANGING DIRECTION

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Compass Anchor • Lighthouse Next Step

NOTICE

What stands out from this activity?

KEEP IT REAL

What is actually true for me?

CHOOSE

What feels useful rather than performative?

ANCHOR

What do I want to remember?

CARRY FORWARD

What is one small next move?

Carry Home Cup

CHANGING DIRECTION

LAST SIP WELCOME HOME Tea Leaf • Drop of Hope • Compass Anchor • Lighthouse Next Step

TEA LEAF

What did I notice or learn?

DROP OF HOPE

What feels possible, useful, or worth carrying?

ANCHOR

What do I want to remember when real life gets loud?

LIGHTHOUSE NEXT STEP

What is one small next action?