

The 30-Minute Career Reset

**Pinpoint your next move,
cut the guesswork, and
start moving forward —
today.**



THE WORK ANCHOR
CAREER TRANSITION COACH

Welcome

You don't have to figure out your whole future today – you just need a clear starting point.

Most people start a job change by scrolling classifieds, tweaking résumés, and firing off applications.

The problem? Without knowing what truly fits you, all that effort just spins you in circles.

This **30-Minute Career Reset** walks you through my **Work Anchor Clarity Path™** – five quick steps to:

- ➔ Spot what's working and what's not in your current work
- ➔ Define your “must-haves” and “deal-breakers”
- ➔ Narrow your focus to a handful of roles worth your time

By the end, you'll have:

- ✓ A short, clear list to guide your search
- ✓ A stronger sense of direction
- ✓ And the first step toward the deeper clarity we can create together

Why now?

Every day you stay in the wrong work is a day you're not building the right future.

Let's fix that today.



**5 to 7
minutes**

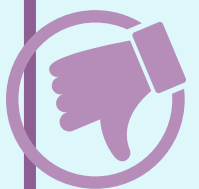
Step 1:

The Energy & Enjoyment Audit

Think back over the last two weeks.



Write down three work tasks or situations that gave you energy — where you felt focused, capable, or satisfied afterward.



Write down three that drained you — where you felt tense, flat, or irritated afterward.

Why this matters:

Energy is a compass. The fastest way to better work is more of what fuels you and less of what drains you.



**10
minutes**

Step 2: **Your Core “Fit Factors”**

Draw three columns and label them:

- 1 What I’m naturally good at**
Skills, abilities, or strengths you use without much struggle.
- 2 What matters most to me**
The conditions you need for work to feel right: pace, location, pay, type of people, type of work.
- 3 What I’ve already built**
Knowledge, skills, or experience you can carry into your next role – even from unpaid or volunteer work.

The overlap between these three columns is where your best-fit options live.






**5
minutes**

Step 3:

The Deal-Breakers List

List up to five things you absolutely don't want in your next role.

Examples:

-  Work that conflicts with religious obligations
-  Roles with constant last-minute emergencies
-  Jobs that require frequent travel

Why this matters:

Your red flags save you from wasting energy on bad fits and help you say “no” faster.



**5
minutes**

Step 4: **Narrow Your Next Move**

Look at your Energy Audit, Fit Factors, and Deal-Breakers.



Prompt 1:

If I could only change one thing about my current work, it would be:



Prompt 2:

The type of role or environment where I'd do my best work is:

You now have a clearer starting point
– not the final answer, but a strong
direction worth exploring.



**5
minutes**

Step 5:

Plant a Seed for Action

Choose one to do in the next 7 days:



Speak to someone who has a role you're curious about



Research 5 companies in your area that match your "fit factors"



Draft a short summary of what you're looking for to share with your network

Why this matters:

Clarity without action fades. Even a small step now builds momentum.

Why People Seek Out Career Coaches

It's not because they can't think for themselves – it's because clarity is hard to get alone.

When you're inside your own situation, you see pieces, not the whole picture.

A good career coach:

- ✓ Spots patterns you've missed
- ✓ Asks questions you wouldn't think to ask yourself
- ✓ Shows you possibilities you didn't know existed
- ✓ Turns scattered thoughts into a clear, realistic plan

If you want change – and you don't want to waste months guessing – bringing in a coach is the fastest route forward.

Get more than just a starting point.

You've done the 30-Minute Career Reset – **now let's turn your shortlist into a solid plan.**

Book your Clarity Session today and go from “maybe this” to “this is it.”



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