

10 Tips and Hacks

Yes! You've worked hard and managed your career possibly for decades So are you ready for what's next?
How can you navigate forward more consciously and confidently?

FOR WOMEN LEADERS WHO WANT MORE BALANCE, MEANING AND SATISFACTION

BEGIN

1 Create or join a supportive community. Leverage the wisdom, experience and support of others on similar journeys. Get comfortable being vulnerable and sharing.

2 **Set an Intention.** Imagine how you want to feel on the other side of your new door; journal about your intention and review it daily. Your intention is a powerful force.

3 **Acknowledge your closing door.** Consciously close the door in a way that feels satisfying and freeing to you. Consider creating a ritual to thank where you have been and to identify what you are taking forward. Practice gratitude for what was, what is and what will be.

TAKE ACTION

4 **Work on self-care.** Support your navigation by being well physically, emotionally and spiritually. Consider initiating a new practice for wellbeing.

5 **Utilize structure.** Find ways to be anchored despite uncertainties. Consider new time management tools to structure your time and effort. Establish a routine.

6 **Create a learning mindset¹** Stretch to research new possibilities, learn new things, try new ways of being. Practice new skills to take with you through the new door.

7 **Expand your network.** Reach out to new people to learn more, to explore new.

BE OPEN TO CHANGE

8 **Resist your comfort zone.** Recognize discomfort as a signal of growth and movement towards new doors; not a reason to default to previous behaviors or beliefs. Build courage to connect your head and heart.

9 **Practice self-acknowledgement.** Build ability to affirm your choices and actions; move past dependence on external acknowledgement. Learn to lower the volume on self-judgement and criticism.

10 **Approach transition consciously.** Focus on being aware of and in change, instead of trying to control how the change unfolds. Build your confidence in new doorways, even before they are clearly visible or opened.

¹ Read [Mindset: The New Psychology of Success](#) by Carol Dweck