



- Where do I feel aligned with this already?

### **Part 3: Strengths and Energy**

Reflect gently:

- Tasks or roles that tend to energise me:
  
  
  
  
  
  
  
  
  
  
- Tasks or environments that consistently drain me:

### **Part 4: Growth and Direction**

Without needing certainty, consider:

- One area where I feel curious about growth or change:
  
  
  
  
  
  
  
  
  
  
- One small way I could explore this safely (learning, conversation, exposure):



