

## Career Transition Workbook

The first step on any journey is deciding where to go, or so we're told. In actuality, it's about knowing where you are first. Without knowing where you are, it's hard to plot the route forward, no matter how clear or unclear you are about the destination. This reflection exercise is designed to help you be more aware of your mindset and how you view the current obstacles as you consider what's next.

Ideally, you do this exercise first thing in the morning when you're fresh, before you open your email, scroll news or social media, or jump into the treadmill of your day. If that's unrealistic, do this after you've exercised or moved your body (a walk around the block will work), listened to some music you love, or maybe even read some poetry or looked at a piece of art you find inspiring. Give yourself time to unwind, create some space, and sit with these questions. They're powerful if given the chance.

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What is working about your current role? *(To get you started...think about your primary role functions, hours, pace, culture, compensation, team dynamics, support, etc.)*

What isn't working about your current job/role?

How do you feel (physically and emotionally) at the end of each day or week? How do you feel on Sundays before the week begins (physically and emotionally)? If those feelings could talk, what are they trying to say?

How do you define success for yourself? Is this your definition, or has it been given to you by your family and our culture? How can you tell?

What did your family teach you about what work should look like?

What is your relationship with money? How did your family talk about and treat money as you grew up? *(Is it hard to find, tacky to want, critical to success, or the root of all evil?)*



What unseen forces—or limiting beliefs—are influencing you in this moment of your life? *Stop here and give this one some time. Be honest.*

What do you think your strengths are?

What have others told you your strengths are?

What stories do you notice you're telling about this moment in your life (regarding the next steps you want to take)? Do you notice any themes or patterns in those repeated stories?

How do you make decisions? (*Impulsive and emotional, gut-driven, or hyper-analytical to the point of getting stuck?*)

Do you believe the universe is conspiring in your favor, or is it all on you to succeed? Or something else?

What are your top [3-5 values](#)? What would need to change about your current role to help you work and live more in alignment with those values?

What does your gut – or your intuition – say about what's next?

Wave a magic wand. What would your future job be and be like, if *<insert typical obstacles of age/money/lack of education/experience, etc.>* didn't exist? Even if you have a very fuzzy, unclear sense, start with that.

What experiments could you conduct to learn more? What is the smallest, easiest first step you could take to move forward?



If you made it this far, you're an absolute champ. That took some commitment and some deep reflection. Pat yourself on the back, and ask yourself what you need next to keep moving. Sometimes the best support comes from someone outside your circle: a therapist, a coach, or your former high school English teacher. It doesn't matter who it is as long as it's the right resource for you. Who do you feel nudged to reach out to?

## What's Next?

You now hold the Career Transition Workbook in your hands – a tool to help you uncover the quiet architecture of your choices and see what's been guiding you beneath the surface.

But awareness alone isn't the finish line. Real change begins when you act on what you've discovered.

That's where my [1:1 Career Coaching & Leadership Development](#) comes in.

This is for you if you're:

- Someone at a career crossroads, ready for something new but unsure where to begin
- A high-achieving professional who feels accomplished on paper but disconnected inside
- Someone who has outgrown the definition of success they once chased, but isn't sure what comes next

Through The Embodied Intelligence Method™, I'll help you move beyond insight and into action. Together, we'll chart a path that aligns with your deepest values and aspirations, so your next chapter feels unmistakably yours.

Curious to learn more? [Here's a link to book a call.](#)

## About Miranda Holder

Miranda Holder is a Leadership & Career Coach who helps high-achieving professionals reconnect with their embodied intelligence so they can navigate life's most pivotal decisions with clarity and self-trust.

Miranda holds Leadership Coaching certifications from Georgetown University and a PCC credential from the International Coach Federation (ICF). As a former elite athlete, collegiate and U.S. National Team coach, and yoga instructor, she combines a results-driven, high-performance mindset with a compassionate, holistic approach to create lasting personal and professional transformation. Follow Miranda on [Instagram](#) and [LinkedIn](#) for actionable tips, free content, and powerful insights. Learn more about Holder Leadership at [www.holderleadership.com](http://www.holderleadership.com).