

SOUL WORK LIFE COACHING

The Reset Guide

Five honest exercises for anyone standing at the edge of a career pivot or a life reset

1. The Financial Reset
2. The Values Exercise
3. The Energy Audit
4. Your Unique Advantage
5. Don't Do It Alone

A free resource from Soul Work Life Coaching

BEFORE YOU BEGIN

Why these five things

If you're reading this, you're probably somewhere between “I can't keep doing it this way” and “I don't know what the other way looks like yet.” That in-between place is uncomfortable, and it's also exactly where the useful work happens.

This isn't a guide about quitting your job or starting a business. It's about getting clear before you decide anything: what you actually need financially, what you actually value, what genuinely gives you energy versus what quietly drains it, what you're better at than you give yourself credit for, and who might help you hold all of that steady while you work it out.

Do these in order, out of order, over a weekend or over three months. There's no right pace. There is a right amount of honesty: all of it.

A NOTE BEFORE YOU START This guide offers general, educational information and a set of reflective prompts. It isn't financial, legal, medical, or personalised professional advice, and it's not a substitute for regulated advice from a qualified professional. Please seek independent, qualified advice before making financial or major life decisions.

PILLAR ONE

The Financial Reset

Most career pivots stall not because of nerve, but because of numbers nobody's actually looked at. Before you can make a clear-eyed decision about your next chapter, you need two figures: what you'll have, and what you actually need.

The exercise

WORK THROUGH BOTH SIDES

1. Long-term position: locate every pension pot you hold (workplace, private, any from previous employers) and get a current projected value. Check your State Pension forecast. Add it up. This is your long-term floor.
2. Day-to-day requirement: track three months of real spending, not a budgeted guess. Separate essential (housing, bills, food, insurance) from flexible (everything else). This is your actual number, not the number you assume you need.
3. The gap: compare what a pivot, pause, or lower-income period would mean against that real number, not against your current salary. Most people are further from the edge than they think, and some are closer. Both are useful to know.

RESOURCES WORTH YOUR TIME

- MoneyHelper: free, government-backed pension guidance and a State Pension forecast tool
- Pension Wise: free appointments (phone or in person) for anyone 50+ with a defined contribution pension
- [@gofundyourself](#): investing and money basics, no jargon (Alice Tapper)
- [@thewealthwithinher](#): exploring women's relationship with money, self-worth, and financial independence
- [@edit.her.wealth](#): women's finances and wealth-building, practical money tips
- [@milky.world0](#): money and lifestyle content

A note on regulated advice: the accounts above are brilliant for building financial literacy and confidence, but none of them replace a conversation with a regulated financial adviser once real decisions are on the table. Use them to get informed enough to ask that adviser good questions.

TRY THIS WITH CLAUDE / CHATGPT

"I'm working through a financial reset exercise. I'll give you my essential monthly costs (housing, bills, food, insurance) and my flexible spending. Help me organise this into a clear picture of my 'real number,' then ask me questions to help me think through the gap between that number and what a career pause or pivot might mean for my income."

PILLAR TWO

The Values Exercise

It's hard to design a next chapter around values you've never actually named. Most of us can list what we don't want. Far fewer of us can say, precisely, what we do value, and fewer still can say what living into that value actually looks like on a Tuesday.

This exercise comes from Brené Brown's book **Dare to Lead** (2018), specifically the “Living Into Our Values” process in Part Two. It's built for leadership teams, but it works just as well pointed at your own life.

The exercise

NARROW, THEN DEFINE

1. Start with Brené Brown's published list of values (search “Dare to Lead list of values”, she makes it freely available) and circle everything that resonates. Don't filter yet.
2. Narrow ruthlessly to your two core values: the two that, if you lost them, you'd stop recognising yourself. Two, not five. The difficulty of narrowing is the point; it's what makes them load-bearing rather than decorative.
3. For each value, write three “support behaviours”: specific, observable things you do when you're living into that value.
4. For each value, write three “slippery behaviours”: the specific ways you betray that value when you're stressed, tired, or playing small.
5. Ask yourself: does my current work, or the pivot I'm considering, make it easier or harder to live into these two values day to day? That answer tells you more than any pros-and-cons list will.

TRY THIS WITH CLAUDE / CHATGPT

“I'm trying to narrow a long list of personal values down to just two core ones. Here's my list: [paste values]. Ask me questions one at a time to help me test which ones are truly load-bearing versus just ones I like the sound of.”

PILLAR THREE

The Energy Audit

Before you redesign anything, you need real data on what actually energises you versus what quietly empties you out, not your assumptions about it, which are often wrong.

This comes from [Designing Your Life](#) by Bill Burnett and Dave Evans (and its [companion workbook](#)), built on design-thinking principles from Stanford's d.school.

The exercise: the Good Time Journal

TRACK FOR TWO WEEKS

1. Each day, jot down the main activities you spent time on: work and personal, big and small.
2. Next to each, rate your engagement: were you absorbed, present, in flow, or watching the clock?
3. Next to each, rate your energy: did this activity fill you up, or drain you, regardless of whether you were good at it?
4. After two weeks, look for the overlap: activities that scored high on both engagement and energy. That overlap is far more reliable than any job title as a guide to what to build your next chapter around.

The counter-intuitive finding most people have doing this: competence and energy don't always travel together. You can be excellent at something that quietly drains you every time, and mediocre at something that lights you up. This exercise is designed to surface that gap.

TRY THIS WITH CLAUDE / CHATGPT

"I've been tracking my activities, engagement, and energy levels for two weeks. Here's my log: [paste notes]. Help me spot patterns, where engagement and energy overlap, and where they diverge in surprising ways."

PILLAR FOUR

Your Unique Advantage

Most people, especially those with a long and varied career behind them, chronically undersell what they're actually good at, because it's come easily, so it doesn't feel like a skill. It feels like just how you are. That's usually the tell that you're standing on it.

The exercise

ANSWER HONESTLY, THEN LOOK FOR THE PATTERN

1. What do people repeatedly come to you for? Not what's in your job description, but what colleagues, friends, or family actually ask you to do or help with.
2. What's a problem you've solved more than once, in more than one context, without really trying to specialise in it?
3. What do you find almost embarrassingly easy that other people seem to find genuinely hard?
4. If you had to teach one thing you know to a room of strangers tomorrow, with no prep, what would it be?
5. Look across your answers for a repeated verb or pattern, not a job title: 'translating complexity into decisions,' 'holding a room through conflict,' 'connecting people who wouldn't otherwise talk.' That pattern is closer to your actual unique advantage than any past title was.

A few established frameworks worth exploring if you want to go deeper:

- **Ikigai**: the Japanese framework mapping what you love, what you're good at, what the world needs, and what you can be paid for
- Zone of Genius (Gay Hendricks, **The Big Leap**): the work that's both effortless and irreplaceable for you, distinct from what you're merely competent or excellent at
- **Working Genius** (Patrick Lencioni): identifies where you generate energy versus where you drain it across the working process

TRY THIS WITH CLAUDE / CHATGPT

"I want to find the pattern behind what comes easily to me. I'll answer these four questions: what people come to me for, problems I've solved repeatedly, what I find easy that others find hard, and what I'd teach with no prep. Once I've answered, help me spot the repeated verb or theme, not a job title, in what I've said."

PILLAR FIVE

Don't Do It Alone

You can do all four of the exercises above by yourself, with a notebook and an honest weekend. Most people who do, though, find that having someone to reflect back what they're noticing, and to gently push where they're avoiding something, is what turns insight into an actual decision.

A good coach doesn't do the exercises for you. They hold the space while you do them: asking the follow-up question you wouldn't ask yourself, noticing the pattern across your values, your energy audit, and your unique-advantage answers, and helping you turn all of it into a next step rather than a folder of reflections you never revisit.

TRY THIS WITH CLAUDE / CHATGPT

"I've done the four exercises above. Here's a summary of what I found: [paste summaries]. Play the role of a thoughtful, curious coach: ask me the follow-up questions I might be avoiding, and help me turn this into one concrete next step rather than just more reflection."

Work with me

I have a small number of open slots to work with women navigating a corporate career or considering a major life or career pivot, using exactly this kind of grounded, values-first process.

I started this practice after my own reset: rebuilding my career and sense of self after divorce and a near-burnout in my forties. I know how disorienting that in-between place can feel, and how much clearer everything gets once you've done the honest work in this guide.

If you'd like a hand with any of the above, please get in touch.

Find out more: www.soulworklifecoaching.com

Book a free 30 minute intro call: cal.com/fionag

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