

The BOLD MOVES brief

EPISODE 9 INTENTIONAL A.F.

how to stop drifting and start moving.

THE CORE TRUTH

You don't drift into a career you're proud of.

YOU BUILD IT.

One tiny, deliberate, often-uncomfortable move at a time.

Intentionality is where your authority lives.

KEY TAKEAWAYS

- Burnout isn't a badge of honour; it's a signal to redesign.
- You don't need a 10-year plan. You need one brave, deliberate move.
- The 2mm Difference is real. Tiny shifts lead to big momentum.
- Not choosing is still a choice (and not a very empowering one)
- The gap between what you have to do and what you are capable of doing is what defines your career.

ACTION MOVES TO TRY

- Ask yourself: "What am I choosing... or avoiding... whether I admit it or not?"
- Make one Intentional Ask today - a request that scares you a little but you know will move your career forward.
- Replace "No worries if not" email or request with a bold, clear statement of need.
- Set a 15-minute timer. Tackle the task you've been politely ignoring.
- Decide what you want to be known for, and act like it's already true.

**INTENTIONALITY
IS A DECISION.
MAKE ONE**

CONVERSATION STARTER WITH YOUR BOSS

"I'm keen to make a bigger contribution. Can we check in on priorities so I can focus on delivering what really matters this month?"

ADD THIS TO YOUR BOLD MOVES BANK

- Celebrate a tiny choice you made today that shifted your energy.
- Bookmark this episode and re-listen when you're mid-fog, mid-panic, or mid-email pretending to be busy.
- Write a bold reminder on a sticky note: "Drift is not my default. I choose."