

Your Career Plot Twist:

**Build your
own story**

WELCOME TO THE SQUIGGLES.

These questions and challenges are made for the
career path that didn't go as planned.
Because in the weird jobs, wrong turns, badly timed
exits and perfectly-timed meltdowns...
there's gold.

Each activity is a chance to pause, reframe, and spot
the quiet brilliance you picked up while things were "off
track."

Pick two numbers.

The first is between 1 and 3 and will tell you which of
the three categories you are going to.
Then a number between 1 and 12 which will tell you
which question or activity you need to do.

Journal, voice note, or just walk with it.

Use it solo, with a coach, or at 3am when you can't
sleep.

Because every zig and zag?

It gave you something.

And now, you get to reclaim the story.

Thought-provoking questions

1-6

1 SLIDING DOOR MOMENT

What decision (big or small) ended up changing everything, even though it didn't feel like a big deal at the time?
What might have happened if you'd chosen differently, or not at all?

2 OUT OF NOWHERE

What's something you didn't plan for, but ended up shaping your skills or mindset?

3 THE NUDGE

Which moment (conversation, gut instinct, or event) nudged you off the path you thought was right?

4 CHAOS CATALYST

What challenge or crisis unexpectedly made you braver or more resourceful?

5 UNEXPECTED YES

When did you say yes before you felt ready and what did it unlock?

6 EARLY EXIT

What did you leave sooner than expected (it doesn't have to be a work example), and what insight came with that decision?

Thought-provoking questions 7-12

7 THE ACCIDENTAL EXPERT

What have you become surprisingly skilled at without trying to?

8 YOUR UNLIKELIEST TEACHER

Who or what gave you a lesson you didn't see coming?

9 THE IMPROV MOVE

When did you improvise your way through, and it worked out better than expected?

10 FORK IN THE ROAD

When you were faced with two options, how did you choose, and what drove that decision?

11 OFF-PISTE LEARNING

What moment felt off-track at the time, but made sense later?

12 THE THING YOU NEARLY DIDN'T

What almost got left behind (but didn't) and changed everything?

Get Creative

1-6

1

MAP THE MAYHEM

Draw your career journey as a map (tube line, jungle, whatever).

Label key events, detours and 'WTF' zones.

Where did the growth really happen?

2

MISMATCH DETECTIVE

Sketch 'Work You' vs 'Real You'. What feelings or behaviours showed up?

Where was the disconnect?

3

CAREER COLLAGE

Create a collage or mood board from your career using images, colours or words. What themes emerge?

4

SOUNDTRACK SWITCH

Make a 3-song playlist from a phase in your career.

What emotions or insights surface when you listen back?

5

THE EMAIL SNAPSHOT

Find an old message from that messy career chapter.

What version of you is speaking, and what did they not see clearly yet?

6

SECRET SKILLS AUDIT

List 3 skills you picked up by accident in a job.

How do they serve you now?

Get Creative 7-12

7 MEMORY GLITCH

Sketch or describe a moment you rarely talk about.
What insight might be hiding in it?

8 FEEDBACK REMIX

Dig out some old feedback.
Rewrite it in your voice today, what's the real story there?

9 OBJECT PROMPT

Choose a random object nearby.
Tell the story of your last career chapter using that object as a metaphor.

10 MESSY MIDDLE MONTAGE

Create a visual montage of how the 'in-between' phase felt - drawings, words, symbols. What stands out?

11 WHO WAS I THEN?

Write a short letter to your past self during your difficult phase of your career. Say the thing they most needed to hear.

12 THE REWATCH TEST

If your zig-zag chapter was a film, label the genre, soundtrack, costume and scene. What does it reveal about who you've become?

Shape Your Story

1-6

1 TELL IT DIFFERENTLY

Choose a story you usually downplay. Share it (out loud, in writing, or online) in a way that shows its strength.

2 OWN THE EDGE

Write a one-sentence bio that includes something unconventional about your path and makes it a feature, not a flaw.

3 POST THE WIN

Pick a moment from your zig or zag that no one noticed. Acknowledge it publicly, or privately with pride.

4 REACH OUT

Message someone from your past. Say thank you, reconnect, or ask what they saw in you.

5 2MM RECLAIM MOVE

What tiny move could you make today to take back your narrative?
Try this: Do it within 24 hours.

6 REWRITE YOUR LINKEDIN ABOUT

Start with one of these lines:
"My career hasn't been linear, just intentional."
"I've built my edge at the intersections."
"Everything I do now is shaped by what I learned the long way round."
Then write 3 lines that show the strength in that story.

Shape Your Story

7-12

7 AUDACITY POST-IT

Write a bold truth you've earned through zig-zags.
Keep it somewhere visible for a week.

8 CELEBRATE THE SQUIGGLE

Draw your career path.
Label 3 detours that gave you unexpected strengths. Keep it as proof.

9 BOOKEND THE STORY

Write the first and last lines of your biggest U-turn moment.
What's the message?

10 AUDIBLE RECLAIM

Say this out loud: 'I'm proud of the mess.'
What changes when you hear it in your own voice?

11 THE ORIGIN MOMENT

Identify a moment that shaped why you work the way you do now.
Tell it like an origin story.

12 GREMLIN SLAYER MOVE

Name the lie you used to believe. Rewrite it positively in five words or less.
Try this: That becomes your new truth.