

## Little Clues BIG SHIFTS

# A CAREER REFLECTION TOOL FOR CATCHING WHAT MATTERS (BEFORE IT SNEAKS PAST YOU IN YESTERDAY'S INBOX).

### HOW TO USE IT

Pick one question.

- Walk with it.
- Write with it.
- Talk it out with a mate or
- Mull it over in the shower.

These prompts aren't homework; they're a way to tune into the little moments that actually shape your life and career.

### PART 1: NOTICE THE SIGNALS

- What made me feel unusually alive, alert or "lit up" this week?
- What drained me in a way that felt off, even if it looked "productive"?
- What's the tiny moment I keep replaying in my head, and why?
- Did I feel seen or invisible this week? What moment triggered that?
- What did I almost say or do, but stopped myself? What held me back?

### PART 2: GUT CHECKS & "GLITCHES IN THE MATRIX"

- Where did I get a hunch that something was off, even if I couldn't prove it?
- What conversation felt more important than it looked on the surface?
- What pattern am I starting to notice (in myself, my team, or the system)?
- If this week had a headline, what would it be?
- What did I dismiss too quickly that might deserve a second look?

### PART 3: MAKE IT MATTER

- What insight am I pretending not to have because it would require a big shift?
- What's one small action I could take based on what I noticed?
- If I trusted my instincts more, what would I do differently this week?
- What do I want to catch sooner next time, instead of clocking it after the fact?
- What's my 2mm difference move (based on what I've just seen more clearly)?

**Print it. Screenshot it. Whisper it to your dog.**

**However you use this, just use it.**

**Because when you start noticing on purpose, big things start to shift**