



# Career Pivot Checklist



## Clarify Your "Why"

- ☐ Ask yourself: Why do I want to pivot?
- ☐ Reflect on what's no longer fulfilling and what excites you now
- ☐ Journal or talk it out with someone you trust

## Evaluate Your Financial Readiness

- ☐ Build or review your emergency fund (aim for 3–6 months of living expenses)
- ☐ Talk to your partner or family about income changes
- ☐ Create a "pivot budget" to reduce financial stress during the transition

## Reflect and Research

- ☐ Take time to explore interests through reflection, side projects, or conversations
- ☐ Try free courses, workshops, or online challenges to test the waters
- ☐ Identify transferable skills from your previous career

## Upskill Intentionally

- ☐ Choose a learning path (free or paid) aligned with your desired role
- ☐ Set realistic learning goals (e.g., 30 minutes daily, one project a week)
- ☐ Start a small portfolio to showcase your new skills


## Own Your Story & Strengths

- ☐ Rewrite your résumé and LinkedIn to highlight relevant experience
- ☐ Prepare a narrative that connects your past with your new direction
- ☐ Practice talking confidently about your pivot in interviews or networking

## Lean on Support Systems

- ☐ Surround yourself with people who encourage growth, not fear
- ☐ Share your goals with trusted friends, mentors, or online communities
- ☐ Be open to asking for help or guidance—it's not weakness, it's strategy

## Keep a Growth Mindset

- ☐ Remind yourself: "It's normal to feel uncertain"
  - ☐ Celebrate small wins—every new skill, interview, or connection counts
  - ☐ Show yourself compassion on the hard days
  - ☐ Stay curious, flexible, and open to learning
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