

Strategic Inflection Points

Intro Worksheet

Every career has turning points.

Some are expected, a promotion, a new role, a bigger team.

Others arrive suddenly, a reorg, a stalled opportunity, or a shift in priorities.

And some come from within, a desire for more purpose, impact, or balance.

These are strategic inflection points — moments that carry both pressure and possibility.

The question isn't *if* you'll face them. The question is *how you'll move through them*.

At NextSpark Coaching, I help ambitious professionals and leaders thrive during these moments. This Worksheet is your starter guide — a chance to reflect, reset, and take a small step forward with intention.

*Think of this as a spark:
one insight, one action, one experiment that can create momentum.*

1- Reflection: Where are you now?

Which of these feels closest to you today?

- ☐ I'm taking on bigger responsibilities but don't yet have the title.
- ☐ I've just started (or will soon start) a new role or team.
- ☐ I've achieved a lot, but the next step isn't clear.
- ☐ I want to grow my team so they think and act more independently.
- ☐ I'm ready to design my next chapter beyond my current path.
- ☐ Other: _____

No wrong answer here. Every one of these is a real inflection point. Where you are now helps you see where your energy and focus could shift next.

2- Clarity, Confidence & Momentum: Levers of Thriving Through Change

Clarity: When everything feels uncertain, clarity grounds you.

- **Ask yourself:** *What are my non-negotiables — the values, priorities, and energy I won't compromise?*

- **Spark it with curiosity:** *What am I curious to explore that could sharpen this clarity?*

- **Quick step:** Write down 3 non-negotiables for the next 90 days.

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Confidence: Confidence comes from showing up with presence and purpose, not from knowing all the answers.

- **Ask yourself:** *Where am I already leading? Where could I stretch?*

- **Spark it with curiosity:** *What new behavior could I try to grow my leadership signal?*

- **Quick step:** In your next meeting, frame the context before your idea — leaders set the stage.

Momentum: Momentum builds when small actions compound into visible progress.

- **Ask yourself:** *What micro-experiment could I run this month?*

- **Spark it with curiosity:** *What's one thing I've wondered about that's worth testing?*

- **Quick step:** Circle one "Curious" item from your notes and design a mini-experiment around it.

3-Your Next Step: Simple Start

- My one **non-negotiable** for the next 90 days is:

- One **leadership behavior** I'll stretch into is:

- My **micro-experiment** this month will be:

That's it.

You've just mapped your first clarity → confidence → momentum cycle.

The SPARK Forward

This is your first step. Reflection creates awareness, coaching turns awareness into action and sustainable change.

At NextSpark Coaching, I partner with ambitious professionals and leaders to:

- Clarify what matters most in this next chapter.
- Strengthen confidence, presence, and influence.
- Experiment with small shifts that build into big results.
- Create momentum that lasts — so the change you want becomes the life you live.

→ If you'd like a thought partner for your journey, let's connect for a 30-minute Discovery Call.

We'll explore where you are, what's shifting, and whether coaching is the right Next Spark for you.

Schedule your call @ <https://cal.com/beth-nextsparkcoaching/30-mins>

Questions? beth@nextsparkcoaching.com