



The Pivot Workbook

A Taster

A career change after 40 is not starting over.
It is starting from everything you have already built.

This taster gives you six carefully chosen prompts from *The Pivot Workbook* — one from each section of the full resource. They are designed to be worked through slowly, honestly, and without pressure. Set aside 10–15 minutes, find somewhere quiet, and write whatever comes — without editing yourself as you go.

What's inside the full workbook:

- | | |
|------------------------------|-----------------------------------|
| ■ Where are you right now? | ■ Your experience is the asset |
| ■ What do you actually want? | ■ The fears worth naming |
| ■ Exploring what is possible | ■ Telling your story in a new way |

■ Section 1 — Where are you right now?

What finally made 'staying put' feel like the harder option?

◆ *Try to be specific. Was it a single moment, or a slow accumulation? Naming it clearly is the beginning of moving through it.*

Your reflection:

Why this prompt matters: This is often the question people have been circling for months without answering directly. Getting it on paper makes the next step feel more real.

■ Section 2 — Your experience is the asset

What do you know now that you simply could not have known at 25 — and where else is that knowledge genuinely valuable?

◆ *Think about how organisations, people, and systems actually work. This hard-won wisdom is not obvious to someone earlier in their career, and it is worth far more than you may realise.*

Your reflection:

Why this prompt matters: Most people underestimate the depth of what they bring. This prompt shifts the lens from 'what am I leaving behind' to 'what am I taking with me'.

■ Section 3 — What do you actually want?

If money, status, and other people's opinions were completely removed from the equation — what kind of work would you want to do?

♦ *This is not a question about what is feasible. It is a question about what you actually want. The practical conversation comes later — for now, just be honest.*

Your reflection:

Why this prompt matters: We spend so long shaping ourselves around what was expected or available that our own wants become hard to hear. This prompt clears some of that noise.

■ Section 4 — The fears worth naming

What is the cost of not making this change? What does staying look like in five years?

♦ *We are very good at calculating the risks of acting — and very poor at calculating the risks of staying still. What are you actually risking by not moving?*

Your reflection:

Why this prompt matters: Fear of change is normal. But so is the slow cost of inaction. This prompt asks people to look at both sides of the ledger honestly.

■ Section 5 — Exploring what is possible

What conversations have you been avoiding that might actually open doors? Who do you need to speak to?

♦ *Most pivots happen through conversations, not job applications. Who is already working in the world you want to move into? Who could introduce you?*

Your reflection:

Why this prompt matters: This is the prompt that most often moves people from reflection into action. A single honest answer here can change everything.

■ Section 6 — Telling your story in a new way

What is the thread that connects your past experience to the direction you are now moving in — even if it is not immediately obvious?

♦ *A coherent pivot is not about pretending the past is irrelevant. It is about showing how everything has been building towards this. What is your connecting thread?*

Your reflection:

Why this prompt matters: This is the foundation of every CV, cover letter, and networking conversation that follows. Getting clear on the narrative is practical as well as personal.

Want to go deeper?

The full *Pivot Workbook* contains six complete sections with 36 prompts in total, covering everything from unpicking why you are ready for change, to crafting the story that carries you into what comes next.

■ Section 1 Honestly, Where Are You Right Now?

Six prompts to name what has brought you here — without flinching.

■ Section 2 Your Experience Is the Asset

Six prompts to surface the depth of what you bring to a new direction.

■ Section 3 What Do You Actually Want?

Six prompts to cut through the noise and hear what you genuinely want.

■ Section 4 The Fears Worth Naming

Six prompts to look your fears in the eye — and put them in perspective.

■ Section 5 Exploring What Is Possible

Six prompts to move from reflection into real, grounded experimentation.

■ Section 6 Telling Your Story in a New Way

Six prompts to build the narrative that makes your pivot legible to others.

Get the full workbook

Visit fuelledbycoffee.info to access The Pivot Workbook
and start building your next chapter.

A final thought: Changing direction after 40 is not a retreat — it is one of the most courageous things a person can do. You are not giving up on what you have built. You are deciding what to build next, with everything you now know. That is not starting over. That is starting well.

fuelledbycoffee.info