

TRANSITION

3 STEPS SELF-AWARENESS TOOL



This **3 Steps Self-Awareness Tool** is **my gift and invite for you** to reflect and honour your way of moving through change and transition in your professional and/or private life. It is inspired by the approach I use in my coaching work and in the **3MOVES Leadership Lab**, the new 3-month, 3 people path I designed for leaders navigating transitions.

Feel free to [reach out to me](#) if you are interested in more details about the **3MOVES Leadership Lab** and [sign up here](#) for the **2026 Kick-off**, free online event, on **15th of January 2026** to start the new year with more clarity, courage and purpose.

Take **time for reflection**. With every step below, **notice what you sense**, not only what you think.



- 1. What transition or change is most present for me right now**
(in professional and/or personal life)?

Turn on your curiosity about what is emerging and write down whatever feels most meaningful for you right now.



- 2. What story am I currently telling myself about this transition, and how is it shaping my choices?**

Be grateful for how powerfully your mind is serving you and forgive yourself for any limiting beliefs that may be present. Write down your new insights and move to even deeper sensations.



- 3. If my body could speak about this change or transition, what would it tell me now and what would it ask me to do?**

Aligned action: What is the 'minimum viable step' that you could take to move through this change or transition with more ease and trust that you are safe and guided? Who or what can support you in this path?