



FREE GUIDED REFLECTION

5 Questions for the Woman Who's Outgrown the Role

*A guided reflection to help you understand what's
changed and decide your next move.*

BEFORE YOU START

You're good at your job. That isn't the problem.

The problem is that somewhere along the way, your title started answering questions it was never meant to answer: who you are, what you value, what you want.

These five questions work in order. Each one builds on the last. Don't rush to the end. The answers you skip are usually the ones that matter.

Save this post so you can come back to it with a pen.

01

NOTICE

“Something about my work doesn't fit anymore.”

Start by naming it plainly. Not fixing it. Just seeing it clearly.

- When did you first notice the shift?
- What drains you now that didn't used to?
- What are you tolerating that you've stopped questioning?

Restlessness isn't ingratitude. It's information.

02 WANT “What am I really wanting?”

Most women skip this one. It feels selfish, or impractical, or too late. It's none of those.

- If no one would be disappointed, what would you want?
- Whose work do you quietly envy, and what exactly is it you envy?
- What do you want more of? What do you want less of?

Envy is often a want you haven't given yourself permission to say out loud.

03

VALUES

“What matters to me now?”

What mattered ten years ago may not be what matters today. Both are allowed to be true.

- What would you keep even if no one applauded?
- What mattered most to you ten years ago? What matters most now?
- Which of your values does your current role honor, and which does it cost you?

Lead from values, not validation.

04

EXPLORE

“What possibilities do I want to explore?”

Not a commitment. Not a five-year plan. Just possibilities worth a closer look. Most fall into three paths:

- **Reshape where you are.** Change the role, the scope, or how you show up in it.
- **Move within your sector.** A new role, a new organization, the same world.
- **Step into something new.** A different field, your own business, a different season.

Which path did your body lean toward as you read that?

05

MOVE

“What's my next move?”

Not the whole plan. Just the next move. Give yourself 30 days.

- One conversation I'll have with someone already doing what I'm curious about.
- One experiment I'll try to test a possibility in real life.
- One decision I'll stop postponing.

You don't have to know exactly what's next. You only need to be willing to move toward it.

These questions are simple to read and hard to answer alone.

It's easy to circle the first question for years. The same thoughts, the same frustrations, no movement.

Clarity rarely comes from thinking harder. It comes from being asked better questions, by someone who isn't invested in you staying the same.

PRIVATE COACHING

Beyond the Title

Private coaching for professional women deciding what's next.

Three months. Six sessions. We work through these five questions together, at your pace, until you know your next move.

I take four clients each quarter.

Send me a message to start the conversation.

[linkedin.com/in/raisethebarr-cc](https://www.linkedin.com/in/raisethebarr-cc)
beverlybarr.com