

the  
WAYPOINT  
pause pack

*Find your next direction with  
clarity & confidence.*



ALEUTIAN ATLAS  
INSIGHTS

## What's a Waypoint?

Five years ago, I felt a tug. I couldn't name it at the time, but I was standing at a **waypoint**—a pause where the comfort of what I'd known began to feel too small, and the possibility of what's next began to call.

That pause changed everything. Not because I had a detailed plan, but because I gave myself permission to stop, listen, and take one small step forward.

This pack is here to help you do the same. You don't need to have all the answers—you just need to begin. Over the next few pages, you'll pause, reflect, and sketch a simple 90-day plan toward what's next.

## How to use this pack:

- Set aside 45 minutes.
- Print it out or open it on a tablet where you can write.
- Be honest, be messy, and be curious.

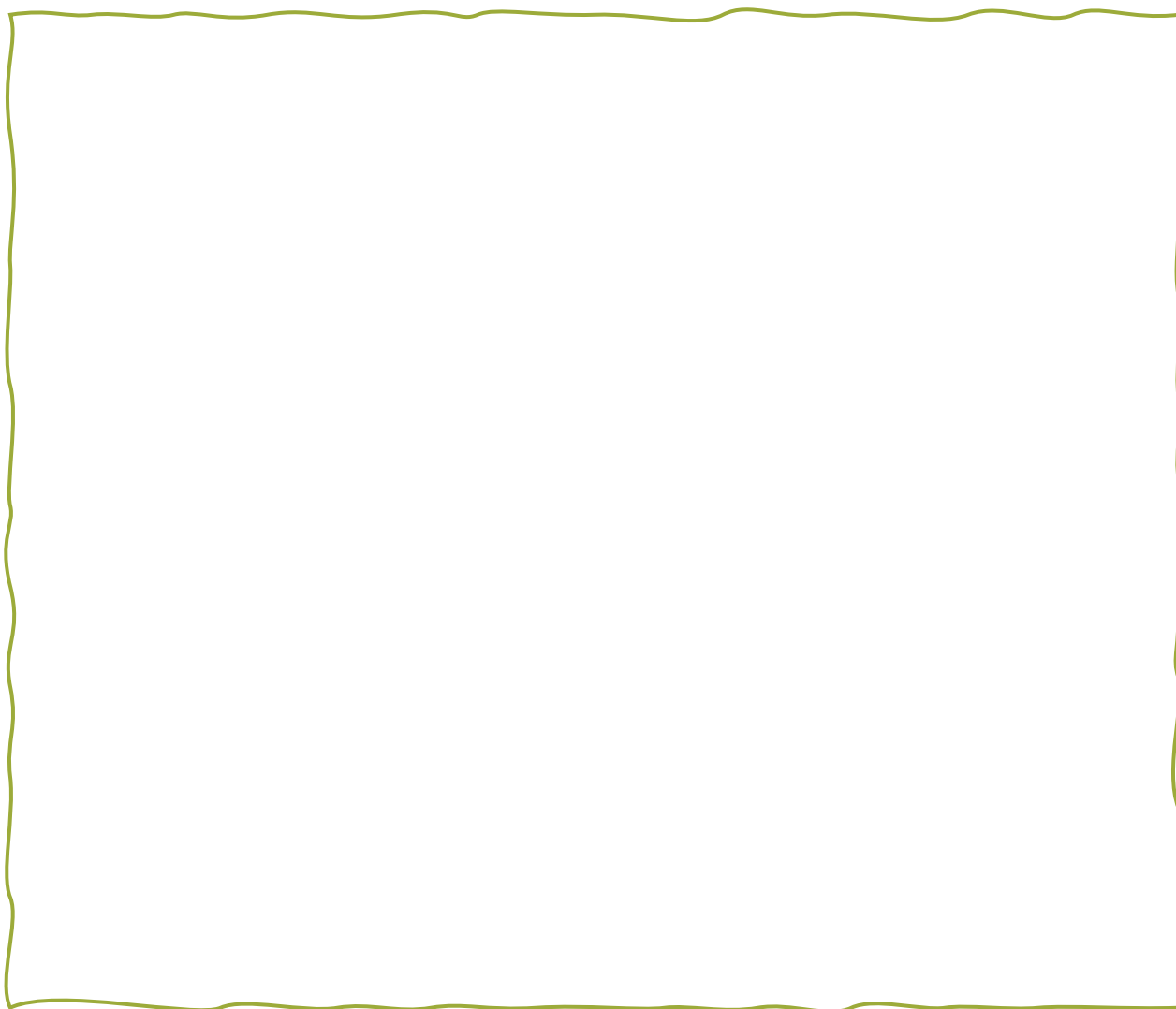


## Signal Scan

Before you know where you're headed, notice what's shifting. Use these prompts to capture your signals:

- Where have I felt a quiet tug lately?
- What used to energize me that now feels heavy?
- Which parts of my work feel mastered?
- Which feel under-challenged?
- If no one judged my answer, what growth would I admit I want?

**Write freely below:**



## Comfort vs. Growth

Growth often begins by seeing the tension between what feels safe and what feels possible.

### The Comfort of What's Known

*(fill in your answers)*

Predictable routines that...

Skills I've mastered...

Recognition I currently receive...

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### The Pull of What's Next

*(fill in your answers)*

New challenges I'm curious about...

Skills I'd like to stretch into...

Ways of working that excite me...

## Skills Intersection Map

Growth happens at the intersection of what you already do well and what you want to lean into next.

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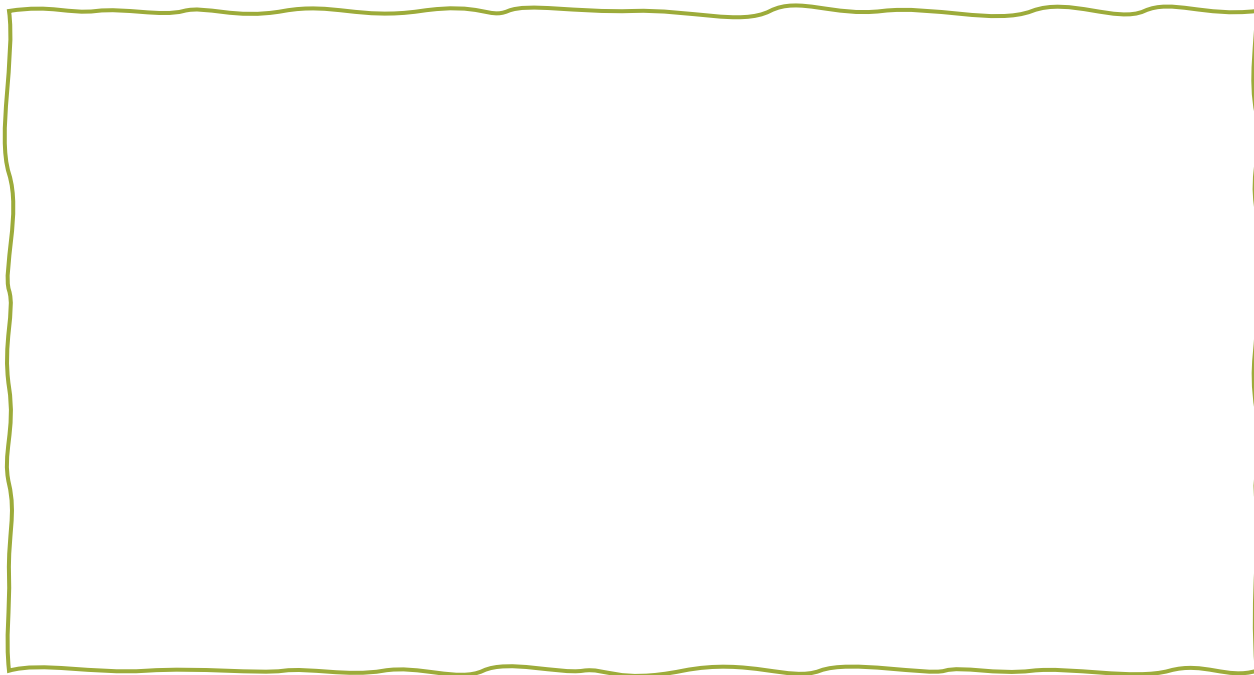
## Life Fit Canvas

Your career doesn't grow in a vacuum—it intersects with the life you want. Clarify your non-negotiables and energizers:

- **Non-negotiables:** (*e.g., time with family, location, flexibility*)
- **Flex factors:** (*things you'd consider shifting*)
- **Energizers:** (*what gives you momentum and joy*)

### Reflection prompt:

When I picture my next season of growth, what balance between work and life feels right?



## Micro-Bet Menu

Big change starts with small, low-risk experiments. Here you will find low-risk, low-time activities (think 20 minutes to a few hours) that give you quick signals about direction, energy, and skills. Circle 2–3 to try in the next month:

### Communication & Confidence

- Post a short reflection (200 words) on LinkedIn about something you learned.
- Record a 2-minute voice memo to yourself explaining a concept—then listen back.
- Ask a trusted colleague for 1 piece of feedback on your presentation style.
- Teach a friend or family member a work concept in plain language.

### Connection & Visibility

- Schedule a 20-minute coffee chat with someone in another department.
- Send a thank-you note to someone whose work inspired you.
- Join a professional association's virtual event—and ask one question live.
- Reconnect with a former colleague with a simple “I was thinking about you” message.
- Share one article you found helpful with your team.
- Invite a coworker to collaborate on a small project or brainstorm.

### Skill Stretch

- Shadow a peer for one hour to learn how they do their work.
- Draft a one-page “how-to” guide on a process you know well.
- Sign up for a free online workshop in an area you're curious about.
- Choose one skill and track when you use it for a week.
- Offer to cross-train or cover for someone when they're out.

**TIP:** Don't overthink it. Choose **one micro-bet per week** for the next 4 weeks. That's enough to get real signals without overwhelm.

### Life Fit & Exploration

- Block one evening for “future project time” and see where curiosity leads.
- Plan a small local trip with the lens of “what restores me?”
- Revisit an old hobby you've set aside—even for just 30 minutes.
- Make a list of 5 dream locations to work from and why.
- Experiment with a new daily rhythm (swap morning walk for evening journaling).
- Try a one-day digital detox and notice what ideas surface.

### Clarity & Reflection

- Write your current “Waypoint Statement” in one sentence.
- Keep a 7-day journal of energy highs and lows at work.
- Map your week: color-code tasks that drain vs. fuel you.
- Draft your “future bio” as if it's 3 years from now.
- Reflect on one past career shift: what skill helped you most?
- Write down 3 people you admire and what you'd like to borrow from them.



## 90-Day Waypoint Plan

Now bring it together. Use this simple frame:

**Waypoint Statement:** (one sentence: “I’m ready to grow by...”)

**1–2 Outcomes I’m aiming for:**

**First Action + Date:**

**Supporter / Accountability Partner:**

**How I’ll know I made progress:**

**Review Date (90 days from now):**



## Closing Note

A waypoint isn't the end of the map—it's a pause, a marker, a reminder to notice and choose. Whatever you wrote here today, trust that it's enough to get started.

Growth begins with a pause. You've already taken it.

**Next step:** If you want to keep exploring, join us in the Aleutian Atlas community, where we share tools, stories, and encouragement for the road ahead.

Scan now to join the community.

