

Is It Time to Pivot?

Sometimes the hardest decision isn't whether you *can* start over it's whether you're *willing* to stop investing in what's already complete. This quick self-audit helps you clarify whether it's time to pivot, realign, or recommit.

Self-Assessment (1–5 Scale)

Rate each statement from 1 (Strongly Disagree) to 5 (Strongly Agree):

1. I feel energized and fulfilled by the work I'm doing.
2. I stay because it aligns with who I am today, not who I used to be.
3. If I could begin again, I would still choose this path.
4. I'm growing, learning, and becoming more of myself here.
5. The time and energy I've invested still feel like they're moving me forward.

Scoring Guide

Total your checks.

20–25 = Aligned & thriving

13–19 = Re-evaluate & realign

12 or less = You may be in the sunk cost trap.

Reflection Prompts

- If I weren't worried about 'wasting' what I've already invested, what would I choose next?
- What part of me is asking for change my head, my heart, or both?

You haven't failed you've learned. Now pivot.

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