

*Take
a moment
for you*

What if?

Is it time for a change?

A short reality check for anyone
who can't quite shake the feeling
that there might be something else.

*A calmer
braver
you*

POLLY MAY
CONFIDENCE COACHING

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Hello

If you're here, there's probably a part of you that's been wondering... what if?

Maybe nothing is dramatically wrong.
You're functioning. You're getting things done.
From the outside, things might even look pretty good.

But there's a niggle.

This short guide isn't about giving you all the answers.
It's about giving you some space to pause, check in
with yourself and explore what's really going on.

*It's OK
to ask bigger
questions.*



1

Something's niggling

How often do these sound like you?

Tick any that feel familiar.

- ☐ I don't enjoy my work as much as I used to.
- ☐ Sunday evenings have started to feel heavier.
- ☐ I regularly wonder what else I could be doing.
- ☐ There's an idea I keep coming back to.
- ☐ I feel like I've changed, but my work hasn't.
- ☐ On paper, I should be happy — but something doesn't quite fit.
- ☐ I know I want something different, but I don't know what.
- ☐ I keep telling myself I'll think about it properly 'later'.

Which three jumped out at you most?

What do you notice about your answers?



2 What if?

Give yourself a few quiet minutes to really think about these questions. There are no right or wrong answers — just what's true for you.

If you knew you couldn't get it wrong, what would you change?

What do you find yourself daydreaming about doing differently?

A year from now, what would you regret still being exactly the same?

Give yourself permission to be honest.



3

So what's getting in the way?

Which of these feels closest to what's holding you back?
(You can tick more than one.)

- ☐ I don't know what I want.
- ☐ I don't know where to start.
- ☐ Money.
- ☐ Other people's expectations.
- ☐ I'm worried I'll make the wrong decision.
- ☐ I don't feel qualified enough.
- ☐ I've lost confidence in myself.
- ☐ It feels too late to start again.
- ☐ I'm waiting until I feel more certain.
- ☐ Something else: _____

Which one is really getting in your way right now?

4

Let's bring it together

Looking back at your answers, what stands out?
Is there a theme? A feeling? A small next step
that feels possible?

My key reflections:

One small step I could take (even this week):

**A different future
is a valid thing to explore.**

You don't have to figure it all out today.
But giving yourself the space to ask
"What if?" might just be the beginning
of something really positive.

You've got this.

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