

Pivot Point

The reason to pivot can come to us at any moment and may be really subtle like a niggling feeling that something is not quite right - or a strong and robust slap on the back that jolts us to attention. In whatever form it comes to you – you will know it. If it is subtle it will continue to be that nagging, annoying feeling or sense that something needs to change. If it is a strong, robust slap on the back – there is no question that there needs to be a pivot and a need to start to change towards the new.

So how do we manage the 'pivot'. We may have been living all our lives in certain ways that have served us to date – yet we now know that we need to do it differently – it doesn't mean that how we have been living hasn't worked for us or we have been off course, it simply is that we are making a choice to change to something that will work for us better now and into the future.

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Pivot **Model**



When was your moment that captured your attention and asked you to think about what is most important and whether, in fact, you have enough of it in your life? It may be that we simply don't have enough time in our day to do all we need to or that we have had a major event that has rocked our world.

When this happens it is simply a call to make a change in direction— a time that we are stopped to think and re-evaluate. A time that we want to step back and reflect on who we are and how we want to be in the world and is it time to pivot.

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Pivot **Roadmap**



The Pivot Roadmap represents the steps that leads you towards making a change.

Each step is designed to unpack and uncover what you want, find ways to get what you want and to check-in, reflect and confirm if that's where you want to pivot at this time. From there you can create some intentions and simple actions to help you move towards more of what you want in your life. The roadmap provides for you to:

- 1 *Enable change*
- 2 *Navigate change*
- 3 *Action change*

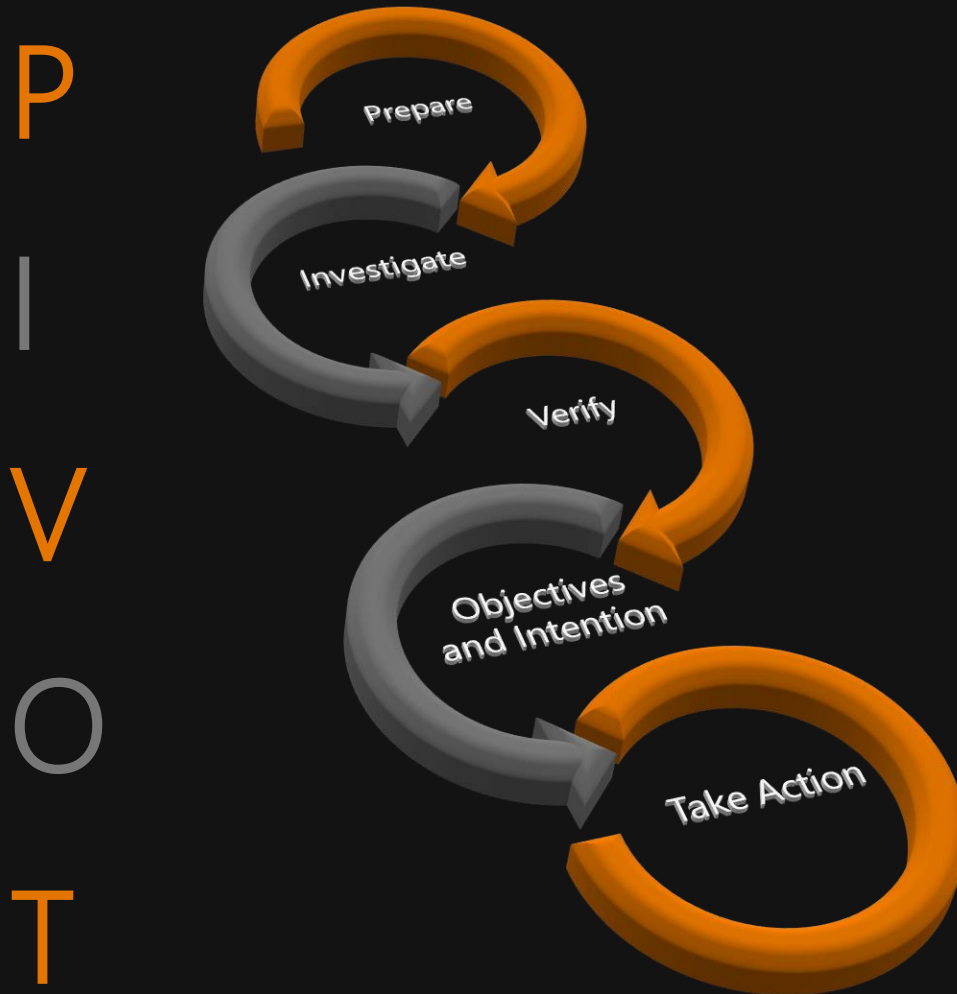
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Pivot Steps

Steps that lead you toward making a change



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Pivot **Partners**



We are your pivot partner we are there to hold the space and help unpack and support you to navigate through what you want to pivot towards. We act as a sounding board for you to understand the various ways in which you can take the action to start moving towards the changes you want to see in yourself today. Its your pivot point.

To start simply you can do 1 2 3

- 1 Trust your own gut
- 2 Stand still take a breath knowing there is a way forward
- 3 Take action: send us a note so we can have a chat about how to get you started

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