

CAREER REGRET: 4 ACTIONS YOU CAN TAKE THIS MONTH

If you're not ready to leap, that's okay. But what if you committed to just four actions over the next 30 days?

1. Reflect

Ask yourself: What's really behind my regret?
Is it the work? The culture? The pace? The lack of growth or purpose?

2. Reconnect

Jot down someone whose career path inspires you to connect with.
Send a message. Book a coffee. Listen to their story and ask yourself: What resonates with me?

CAREER REGRET: 4 ACTIONS YOU CAN TAKE THIS MONTH

3. Research

Explore what else is out there. Jot down roles that use your current skills but are in new industries, new environments, or new structures (think: remote, hybrid, freelance, part-time).

Browse job boards not to apply, but to discover.

4. Reset

Jot down a simple 30-day challenge. One action each week - no pressure, just progress. For example:

- *Week 1: Reach out to one new contact.*
- *Week 2: Attend a free webinar or event.*
- *Week 3: Update your LinkedIn or resume.*
- *Week 4: Book a call with a recruiter.*

CAREER REGRET: 4 ACTIONS YOU CAN TAKE THIS MONTH

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. On the right side, there is a large, light blue circular graphic element that partially overlaps the ruled area. The overall appearance is that of a clean, unused piece of stationery or a template for writing.