



The More Than You Think Framework

If you've spent a long time managing what is already in front of you, try giving yourself a little time to consider what else might be possible.

Notice

What have I become so accustomed to doing that I've stopped questioning whether it still suits me?

Recognise

Which skills, experiences or strengths could be useful in a different context?

Explore

What have I been curious about but haven't given myself time to investigate?

Simplify

Is there one unnecessary demand I could reduce to create a little room?

Experiment

What's one small thing I could try without needing to know where it will lead?

Reflect

What did the experience teach me about what I enjoy, what I'm capable of or what I want next?
