# Design Your Second Act

You’ve built a career on reliability, performance, and impact. But what if your next chapter could feel freeing, aligned, and energized?

This isn’t about starting over — it’s about building something that finally fits. This worksheet is your starting point.

Use the following pages to explore what energizes you, clarify your values, and take your first confident steps into your second act.

## 1. What Energizes You?

List 5 tasks or activities that leave you energized:

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What do they have in common?

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Where in your current or past work did you feel 'in flow'?

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## 2. What Drains You?

List 5 tasks or roles that deplete your energy:

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What patterns or themes do you notice?

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What do you want to minimize in your second act?

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## 3. Values & Redefining Success

Circle your top 5 values from this list:
Autonomy, Contribution, Freedom, Recognition, Balance, Creativity, Stability, Leadership, Legacy

Which values weren't honored in your last role?

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What would alignment look like now?

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How did you define success in your 30s and 40s?

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How do you want to define it now?

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## 4. Transferable Strengths Inventory

List 3–5 of your biggest career accomplishments:

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What skills or traits did you use?

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Which strengths do you want to keep using?

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Which are you ready to evolve or leave behind?

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## 5. Vision Sketch: In My Ideal Second Act...

I wake up feeling...

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The people I work with are...

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I spend most of my time...

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I feel proud because...

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I'm building toward...

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## 6. Your First Steps

One conversation I will have this week:

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One thing I will explore or research:

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One boundary I need to set or revisit:

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One skill I want to refresh or leverage:

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*“This isn’t the end of something — it’s the start of something better.*

*Let’s build your second act.”* – Brian Danco

Want help bringing your vision to life?
Book your free 30-minute coaching call: https://www.januslifecoaching.com/contact