



Up Until Now

A Journal for **Leaders in Transition**

REFLECT. REIMAGINE. REBUILD.

BROOKE BRZOWSKA

Leadership Coach



Hey there, Leader.

Here's something nobody tells you about big transitions:
You don't wake up one morning with all the answers.
You wake up with a choice.

The choice to trust what's gotten you this far.
The choice to imagine what could be next.
The choice to bet on yourself — even when the future feels wide open.

That's where I am right now. After years in public service, I'm stepping into a new chapter and launching **Up Until Now Coaching**. It's thrilling, terrifying, and exactly right. And it's reminded me that every brave step forward starts with a moment of reflection.

This journal is yours for that moment.
No rushing. No forcing. Just a space to honor where you've been — and dream a little about what's next.

You're not starting over.
You're building on everything you already are.

Let's go,
Brooke Brzozowske
Founder, Up Until Now Coaching

Where I've Been

Before we leap into what's next, it's worth taking a breath to honor what's brought you here. Every step, every lesson, every win and loss — it's all part of the foundation you're standing on.



Big Question:

What parts of my journey am I most proud of — and what have they taught me?

What I'm Carrying Forward

You don't have to leave everything behind. Some skills, lessons, and values are worth carrying forward into your next chapter.

**Big Question:**

What strengths, beliefs, or experiences do I want to bring with me into what's next?

What I'm Leaving Behind

Not everything needs to come with you. Growth often means setting something down — doubts, habits, even old dreams that no longer fit.



Big Question:

What mindsets, fears, or patterns am I ready to leave behind?

Who I'm Becoming

You're not just changing what you do — you're evolving who you are. Future You is already within you, waiting to be claimed.



Big Question:

If I could describe the version of me stepping into this next chapter, what would I say?

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What Success Looks Like

Success isn't just an outcome. It's a feeling, a life, a way of showing up. The clearer you are, the easier it is to move toward it.



Big Question:

What does success look and feel like for me in this next chapter—on my own terms?



Thank you and an invite.

Thank you for taking a moment to pause and reflect with me.

New beginnings aren't about reinventing yourself — they're about remembering who you've always been.

If you'd like to stay connected, share your reflections, or explore what's next together, I'd love to hear from you.

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Here's to everything still ahead.

Brooke Brzozowski