



RHINO Roadblocks™ Career Transition Worksheet

R - Recognize the Real Barrier

What feels stuck right now?

What might be holding me back?

- Clarity of direction
- Résumé or messaging
- Confidence
- Skills gap
- Networking
- Mindset
- Other: _____

H - Honor Constraints & Risk

What constraints am I currently facing?

- Financial • Time • Family • Emotional • Market Conditions

What risks should I not ignore? What risks am I willing to accept?

I - Involve the Right People

Who could help me see this more clearly?

- Mentor • Former manager • Peer • Coach • Networking group

Who do I need to ask for honest feedback?

N - Navigate Options Wisely

What options am I currently considering?

What options might I be overlooking?

What information would help me evaluate these options more wisely?

O - Own the Advance

What decision or next step feels most aligned right now?

What would it look like to commit to this step with confidence?

What is one action I will take in the next 7 days?

Closing Reflection

Career transitions are not signs of failure - they are moments of formation.

What is this roadblock preparing me for?
