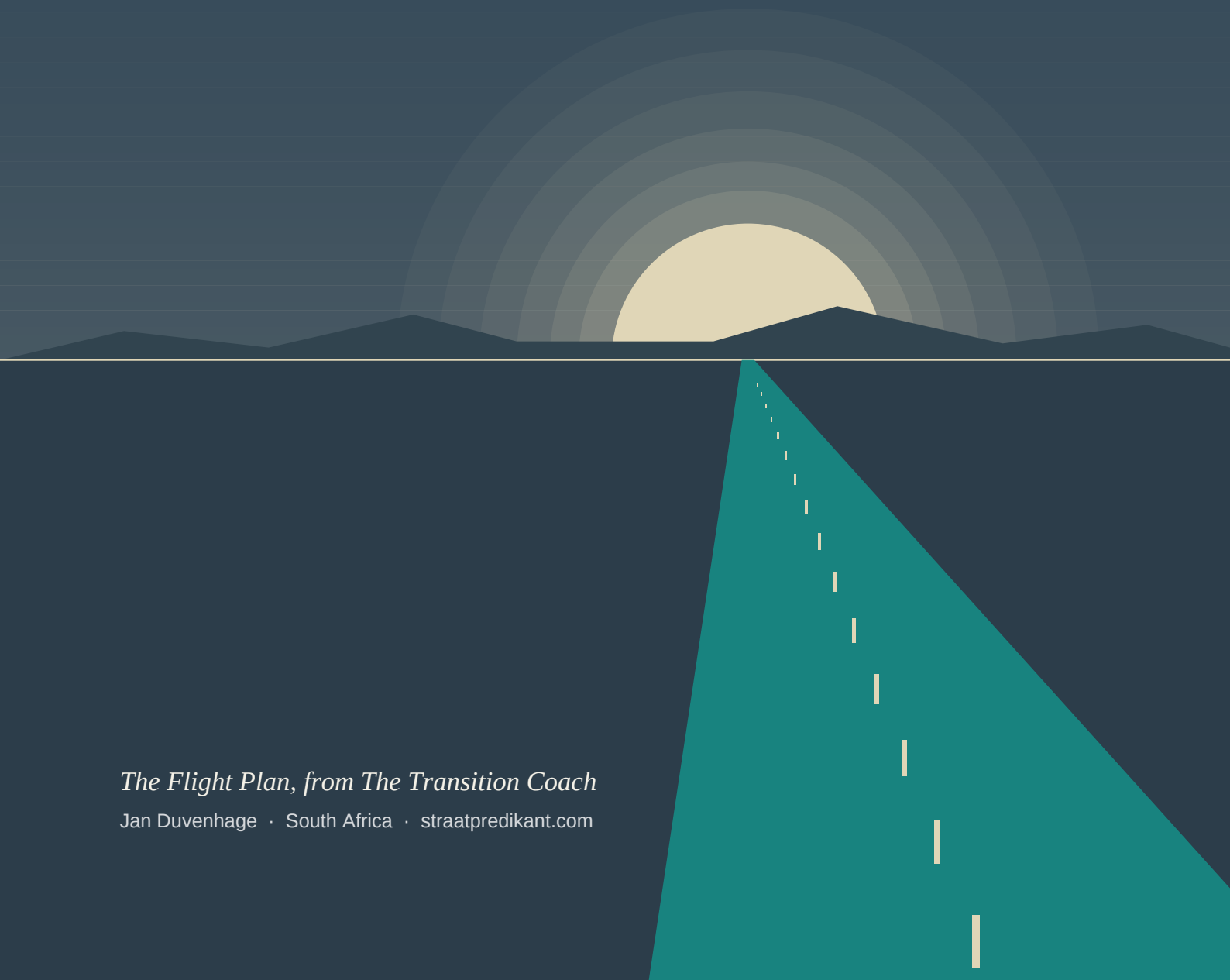
A FREE 15-MINUTE WORKSHEET

The Flight Plan

Map your Present, your Gap and your Future on one page, and find the first step you can take this week.



The Flight Plan, from The Transition Coach

Jan Duvenhage · South Africa · straatpredikant.com

BEFORE YOU START

A starting point you can act on

Many senior executives and business owners reach the top of one chapter with no workable plan for the next. Books, podcasts and late-night searching give them more to think about and very little to act on.

The Flight Plan gives you a starting point you can act on. It takes about fifteen minutes. You can type straight into the fields or print it and use a pen.

There is a cost to waiting. When nothing changes, the next three to five years tend to look like the last few: the same frustrations and the same unanswered questions, with less time left to act on them. That is the **default future**. This worksheet is a first step toward designing a different one.

HOW TO USE THIS PAGE

1. Find fifteen quiet minutes.
2. Answer each prompt briefly. A sentence or two is enough.
3. Keep your first answers. They are usually the most honest.
4. If you book a Flight Plan Session, bring the finished worksheet with you.

WHERE THIS FITS

This worksheet is your half of Step 1 of **The Reconstitution Method**, The Transition Coach's 90-day program for leaders in transition. The other half happens in the **Flight Plan Session**, a 30-minute conversation in which we read your answers together and turn them into a clear first plan.

WHO IS GUIDING YOU

Jan Duvenhage is The Transition Coach, an ICR International Coach listed on the public ICR Coach Register. He works with senior executives, business owners and leaders at the point where one chapter has run its course and the next has not been written yet.

> *“Most senior executives and business owners hit a career peak with no implementable plan for what comes next. I help them get one, and act on it, in 90 days.”*

YOUR FLIGHT PLAN

Present, Gap, Future

Three short sections, about five minutes each.

Quick gut-check. On a scale of 1 to 10, how satisfied are you with where your career or business stands right now?

What makes it that number?

STEP 1 OF 3 · PRESENT: WHERE YOU ARE TODAY

In one or two sentences, how would you describe your career or business right now?

What about this chapter no longer fits, even though it still works?

STEP 2 OF 3 · GAP: WHAT IS MISSING

What have you already tried in order to work out your next move?

What is still missing that none of those gave you?

What would closing that gap take?

YOUR FLIGHT PLAN, CONTINUED

STEP 3 OF 3 · FUTURE: WHERE YOU WANT TO BE IN 90 DAYS

If your next chapter were already chosen and under way, what would be different by day 90?

A giant leap is not required. What is one small, repeatable action, taken daily or weekly, that would move you **1% closer**?

Your Flight Plan at a glance

Connect your Present, your Gap and your Future in one sentence.

I'm currently …

I've tried … without a plan I can act on,

and in 90 days I want …

What stood out for me most today was …

One more rating. How clear does your next step feel now, from 1 to 10?

WHAT COMES NEXT

The 90-day journey

The Reconstitution Method runs over 90 days in three stages and nine steps. The worksheet you have just completed is where Step 1 begins.

STAGE 1 Orient

1. Map your Present, your Gap and your Future, starting with this worksheet and completing it in the Flight Plan Session.
2. Know which of your roles and identities are shifting and which are staying.
3. See a clear picture of how you are functioning right now, including your energy, your emotional steadiness and how you see yourself, and name the real gap between today and the future you want.

STAGE 2 Discern

4. Name, out loud, what in your current chapter is genuinely ending.
5. Write down your non-negotiables for the next chapter.
6. Understand your own stress and capacity patterns without self-judgement, and see which people, commitments and activities drain you and which restore you.

STAGE 3 Reconstitute

7. Draft your Adaptive Identity Statement, a first description of the leader you are becoming.
8. Connect that identity to what genuinely energises you, so the next chapter draws you forward.
9. Leave with a personal set of practices for doing your most focused, energised work, built from what has absorbed you across your life, so the new chapter can sustain itself day to day.

YOUR NEXT STEP

You have just done what most people put off for months.

You now have the raw material for a plan. The Flight Plan Session is where we turn it into one you can act on.

The Flight Plan Session

30 MINUTES · ONLINE VIA MICROSOFT TEAMS · R380

Bring this worksheet. We will read your answers together, name the real gap and agree on your first step. If The Reconstitution Method fits what you need, I'll say so. If something lighter fits better, I'll say that too.

Book your Flight Plan Session

Or visit straatpredikant.com
Work with me › The Flight Plan Session

WAYS TO REACH THE TRANSITION COACH

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Location	South Africa · serving South Africa, Namibia, Botswana and Zimbabwe

NAME

DATE COMPLETED

This worksheet is the first half of Step 1 of The Reconstitution Method, The Transition Coach's 90-day program for senior executives, business owners and leaders in transition.