

## Wheelies, rugby, and breaking big

Breaking big is the high-energy long leap of career redesign.

It's like popping a wheelie riding backwards.  
It's like rugby without all that blood.

Of course, breaking big isn't for everyone. Small change is good for building resources and confidence and, well, it just seems less risky. Baby steps have their purpose.

**So why would you even consider breaking big in your career?** Here are a few reasons:

Because hunkering down is not a successful career strategy.

Because small change just isn't cutting it.

Because "is this all there is" loops nonstop in your head.

Because the restless search for new reasons and ways to work has begun to hurt.

**And because, sometimes, baby steps are just for babies.**

When you initiate deep change for a vision too important or a desire too insistent for second place – that's breaking big.

It sneaks up from the inside you, disguised as boredom or stress. It leaves footprints and fleeting impressions, playing hide and seek, perhaps for years, before you see it clearly.

Here's the good news - big redesign is not life threatening.  
It's life altering – and that's exactly the point.

Just like a good athlete, you can develop your skills and recruit your team.  
You can design your own method and playbook. There's probably an app for that.

**Your breaking big skills start with thinking big, with self-reflection and asking *why*.**

**To decide if big redesign is right for you, start by answering these 4 WHYS:**

*Why* do I want this? And *why now*?  
*Why* would I unravel my status quo, my nest of routine and realities?  
*Why* would I break out of my zone of influence and competency?  
*Why* would I risk my reputation, my income, my confidence?

That's it. Just **Why**. Add some of your own queries, just for kicks.

These questions are simple, but not easy. Truly honest answers can unleash your staying power. They test your grit and readiness for big change. They ask you to confront trade-offs and fears. They clarify potential gains.

You'll either arrive at a green light or you'll resume the road more travelled – with eyes wide open.

Big change is awesome and heartbreaking. It can be mind-bending and agonizing. Sometimes you choose it. Sometimes it chooses you.

*If this is your time, if you decide to break big, first know **Why** deep down in your bones.*

Even if you don't take the long leap, you will have thought big. You will have put your mind to essential questions and priorities about your future.

Then, if you want to jump into the scrum, you'll be ready.

Here's to your work done well,

**Dottie**

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