



# Vector – Use What You Know to Learn What Comes Next

## Personal P.I.V.O.T.™ Vector Worksheet

Use this worksheet when the Diagnostic has led you here because a change makes you feel overwhelmed by the learning curve involved. You feel as though you have to begin again and that is a problem. You feel like what you already know no longer counts. It's ok. Learning something new can be daunting. You are not lazy to not want to start learning from scratch!

The purpose is not to convince yourself that you should already know how to handle the new situation. It is to reconnect with what you already know and use it as a starting point to learn whatever seems daunting. You will:

- Name what feels unfamiliar and what you are afraid you may not be able to do.
- Identify the strengths, knowledge, experience, relationships, and ways of learning you already have.
- Separate what is truly new from what is familiar underneath it.
- Build a practical bridge from what you know now to what you need to learn next.

**Important** This is a self-reflection tool. It does not replace technical training, professional advice, accessibility support, or other specialized help you may need.

### The Change I Am Learning to Navigate

What change is making me question what I know or whether I can adapt?

Date

Confidence right now

/ 10 (1 is least, 10 is most)



## 1 Name What Feels Unfamiliar That Is Brought About By The New Change

Before deciding that I cannot do this, I will name what feels new, unclear, or difficult. I do not have to minimize the learning curve or pretend to feel ready.

**What does this change seem to require from me that I do not yet feel ready to do?**

**What am I most afraid I will not know how to do?**

**What part of this change makes me feel as though I am starting from scratch?**

**Which of these feels closest to what I am experiencing? Check all that feel true.**

- ☐ I do not know where to begin.
- ☐ I know where to begin, but I do not know how to do it.
- ☐ There is so much to learn that I feel overwhelmed before I start.
- ☐ I am questioning whether I am capable of learning or adapting.
- ☐ I am overlooking what I already know because the new situation looks so different.
- ☐ Something else:



## 2 Take Inventory of What You Already Know

The situation may be new, but I am not starting with nothing. The context may have changed; what I have learned, practiced, built, and survived still belongs to me.

**What strengths, knowledge, experience, relationships, or resources can I still draw upon?**

| What I already have | Where I developed it | How it could help me now |
|---------------------|----------------------|--------------------------|
|                     |                      |                          |
|                     |                      |                          |
|                     |                      |                          |
|                     |                      |                          |

**What have I handled before that required me to learn, adapt, or begin again?**

**What did that experience teach me about how I learn best?**



**Watch: Think About What Is Already Working (1:12 mins)**

A reminder to look for evidence of what you already have and what is already working.



### 3 Separate What Is Different From What Is Entirely New

When the setting changes, familiar abilities can become harder to recognize. I will look beneath the surface and distinguish the genuinely new parts from the skills or patterns I have used before.

| What looks or feels new | What may be familiar underneath it |
|-------------------------|------------------------------------|
|                         |                                    |
|                         |                                    |
|                         |                                    |
|                         |                                    |

What can I carry forward without changing it?

What may need to be updated, practiced differently, or released?

*Different does not always mean completely new. I may already have more of a foundation than I can see right now.*



## 4 Build a Bridge From What I Know to What I Need to Learn

I do not need to learn everything at once. I will identify the next useful piece, connect it to something I already understand, and decide how I can learn it.

| What I already know | What I need to learn next | How or from whom I can learn it |
|---------------------|---------------------------|---------------------------------|
|                     |                           |                                 |
|                     |                           |                                 |
|                     |                           |                                 |
|                     |                           |                                 |

**What is the smallest useful piece I need to learn first?**

**Who could explain it, show me, let me observe, or practice it with me?**

**What would “good enough for now” look like while I am still learning?**



## 5 Try One Small Learning Step

I do not have to feel fully capable before I begin. A small practice step can give me information, build familiarity, and show me what support I actually need.

**What is one small, low-risk way I can practice, observe, ask, or experiment?**

**What will this help me learn or understand?**

**When will I try it?**

**What would make this learning step easier or more realistic?**



**Watch:** [Just Do What Feels Good In Your Body Today \(1:42 mins\)](#)

Learning does not have to hurt to count. Consider a way to learn this that feels easier, more enjoyable, or more natural to you.



## 6 Check Again

Confidence now  / 10

Change from before  points

### What feels more possible now?

### What do I need next?

- ☐ **More Vector.** I need to return to Section 4 and make the learning bridge smaller or more specific.
- ☐ **Practical support.** I need training, information, demonstration, or support. Where can I get this?
- ☐ **Pause.** My mind or body is too overwhelmed to learn clearly right now. Go to the Pause worksheet.
- ☐ **Overcome.** Fear of mistakes, failure, imperfection, or judgment is keeping me from moving forward. Go to the Overcome worksheet.
- ☐ **One manageable learning step.** I know enough to begin learning this new thing without knowing everything.

#### If I still feel incapable or overwhelmed:

I will return to Section 2 and name what I already have, then use Section 4 to choose one smaller thing to learn.

I can also ask for instruction, time, practice, accommodation, or support.

**My Vector reminder: I am not starting from nothing. I can use what I know to learn what comes next.**

#### Need more support?

If you would like help working through what is keeping you stuck, reach out to me:

[info@dancewithchange.com](mailto:info@dancewithchange.com)