



Use What I Already Know To Learn What Is New

Strong One P.I.V.O.T.™ Vector Worksheet

Use this worksheet if your Diagnostic led you here. That means letting go may be asking you to operate in ways that feel unfamiliar. When you are used to being capable, dependable, and able to figure things out on your own, asking for help, receiving support, trusting someone else, or simply not knowing what to do can feel less like growth and more like losing your footing.

This is not about becoming less capable or giving up the strengths that have carried you. It is about learning new ways to use them. You are not starting from zero. You can use what you already know, the strengths and experience you already carry, and the support available to you as a bridge into new ways of doing and being.

The Part Of Letting Go I Am Learning To Navigate

Which way of letting go feels unfamiliar to me right now (for example, asking for help, receiving support, delegating, trusting, resting, or allowing myself not to know)?

How hard does this feel for me right now? (1 = fairly easy; 10 = extremely difficult)

Date

Intensity right now

/ 10



1 Get Specific About What I Am Learning

I have already named the way of letting go that feels unfamiliar. Now I will identify what I do not yet know how to do. This does not mean I am incapable. It means I am learning something I may not have practiced before.

What specifically do I not yet know how to do?

What am I expecting myself to already know about doing this?

Getting specific turns one overwhelming internal change into something I can learn.



2 Name What I Am Afraid I Will Lose

Being the Strong One may have become so closely tied to how I function that letting go can make me afraid I will no longer know how to manage my life, make good decisions, protect myself, or get things done.

But letting go of the role does not erase the capabilities I developed while carrying it. I can stop doing everything alone without losing my ability to function.

If I stop being the Strong One, what am I afraid I will no longer be able to do?

What I am afraid I will lose

What will still be true about me

Example: I am afraid I will no longer be able to keep things from falling apart. I will still be resourceful and able to solve problems. I will also be able to seek support before everything reaches me.

I am not learning how to live without my capabilities. I am learning how to use them without carrying everything alone.

 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 Allow Myself to Learn

I am used to being the person who knows what to do. But asking, receiving, delegating, trusting, resting, and sharing responsibility may be skills I have had little opportunity to practice.

Being new at letting go does not make me incapable. It means I am learning a different way to use my strength.

If I did not have to know how to do this perfectly, what would I be willing to try?

Watch: [Start Where You Are Today](#) (1min 15 seconds)



4 Choose One Small Way To Practice

I am not asking myself to let go of everything at once. I am choosing one small action that allows me to practice asking, receiving, delegating, trusting, resting, or sharing responsibility.

What is one small way I can practice letting go next?

Who or what could support me while I practice so I do not turn learning to let go into another thing I must do alone?

What could make this step feel manageable enough to begin?

 **Watch:** [Just Do What Feels Good In Your Body Today](#) (1 minute 42 seconds). Learning does not have to hurt to count. Consider a way to learn this that feels easier, more enjoyable, or more natural to you.

My Vector Forward

I can use to help me practice

My first small step will be

When my Strong One reflex says, "I should already know how to do this," I can answer: "I am allowed to learn this. I do not have to carry it all to remain capable."



5 Check Again Before I Move

Intensity now / 10

Change from before points

What feels clearer about what I already know and the way of letting go I am learning next?

What do I need next to keep practicing letting go with care?

- ☐ More Vector. I need to keep connecting what I already know to the new way I am learning to operate. Take a break now and re-do this worksheet when you are rested. No need to rush.
- ☐ One learnable next step. I can practice letting go of one thing without knowing how to do it perfectly.

Key Vector reminder: Letting go asks me to learn ways of operating that may feel unfamiliar, but I am not starting from zero. I do not have to carry everything or know everything to remain capable. I can use what I already know to learn how to ask, receive, delegate, trust, rest, and share the load.

Need more support? If you would like help working through what is keeping you stuck, reach out to me at info@dancewithchange.com.