

TIME TO PLAN YOUR EXIT

IN 5 EASY STEPS

**FREE
GUIDE/
WORKSHEET**



INTRODUCING THE CALCULATOR

I'd like you to think about the following activities:

- **Questioning yourself** – this may include doubt about your thoughts and actions. This can lead to a spiral of thoughts and worries which can take up a lot of time and further judgments.
- **Thinking of the past** - this may include “should”... “I should have done X”. Or you may be reflecting on what has gone well or what you could improve, should this situation present itself again.
- **Doing things for others** – this includes doing things that benefit others – at work and at home. Many of us have responsibilities for others, like childcare, caring for others, or supporting colleagues.
- **Planning the future** – this can include worrying about the future or simply planning for ones future, including scheduling weeks ahead, planning a big project that has not yet started, or planning a 5-year career plan.
- **Doing things for yourself** – this is where you do things that you enjoy, including self-care. It can include making sure you're fed and rested, but also fun things.
- **Managing others** – this includes supervision of staff.

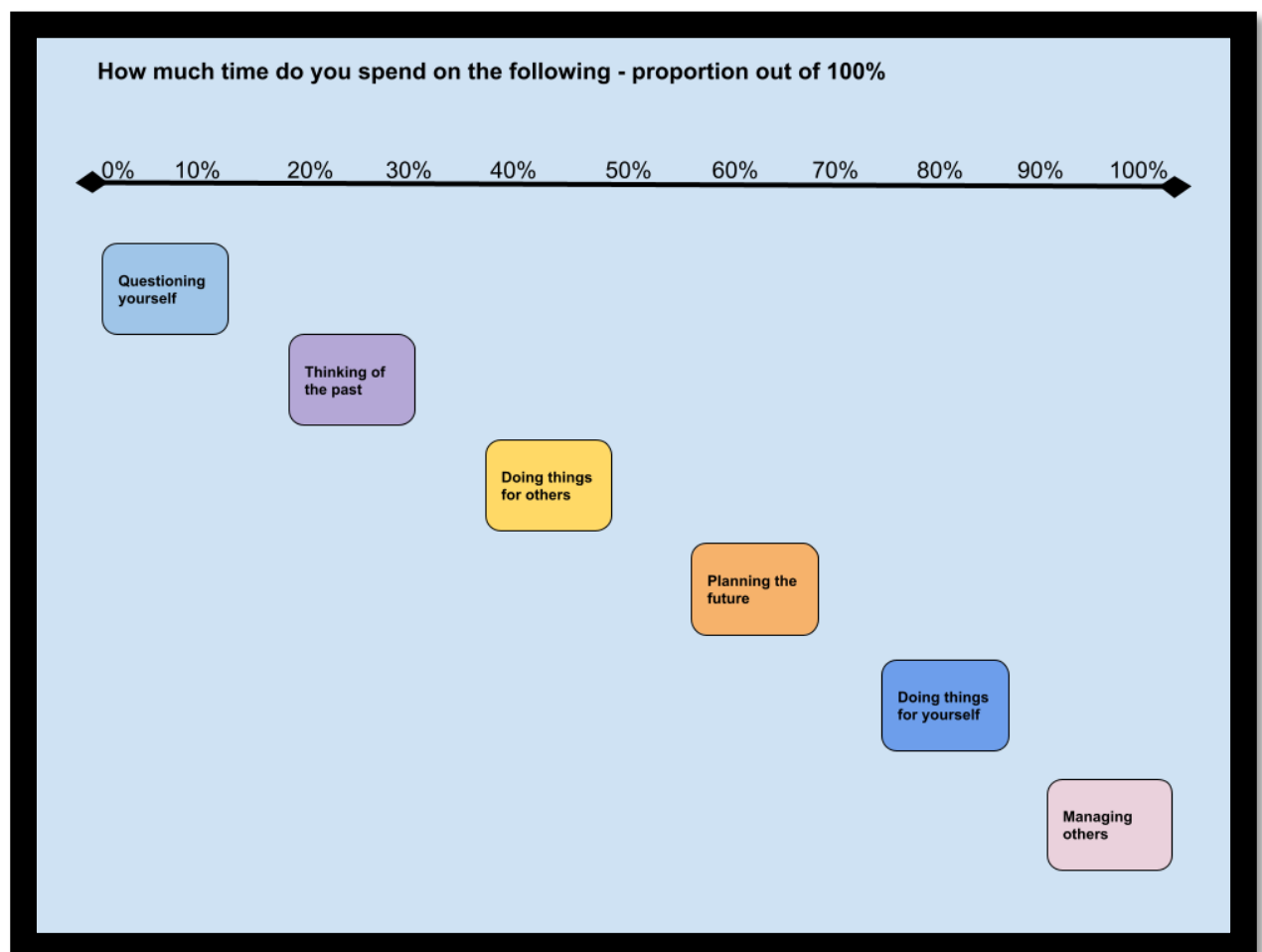
Spend a week or so listening and observing yourself at home and at work. As you listen and observe, you hopefully are noticing what you say to yourself, where your thoughts tend to veer to, and what kinds of things demand your attention (and importantly, when you obey those demands). You will become a **noticer**, which is an important skill.

For now, simply **accept** what you notice and don't feel a urge to change your natural way of thinking or acting. For example, you can notice your thoughts and say in your head: “This is me questioning myself and my ability right now; I notice you”.

FILLING IN THE CALCULATOR

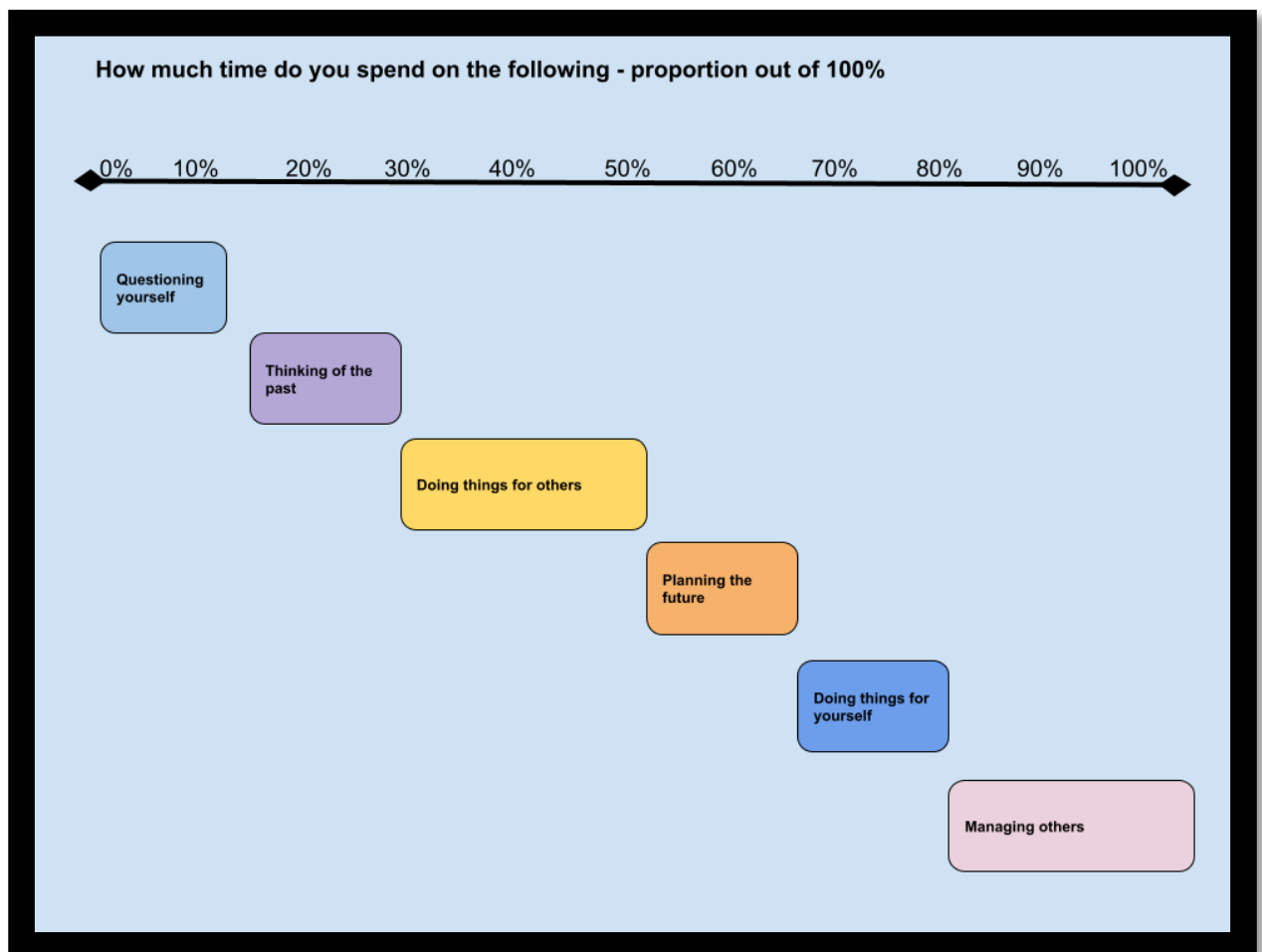
Calculator Examples

See below for a demonstration of the calculator: Here, it shows equal time spent across the different activities.



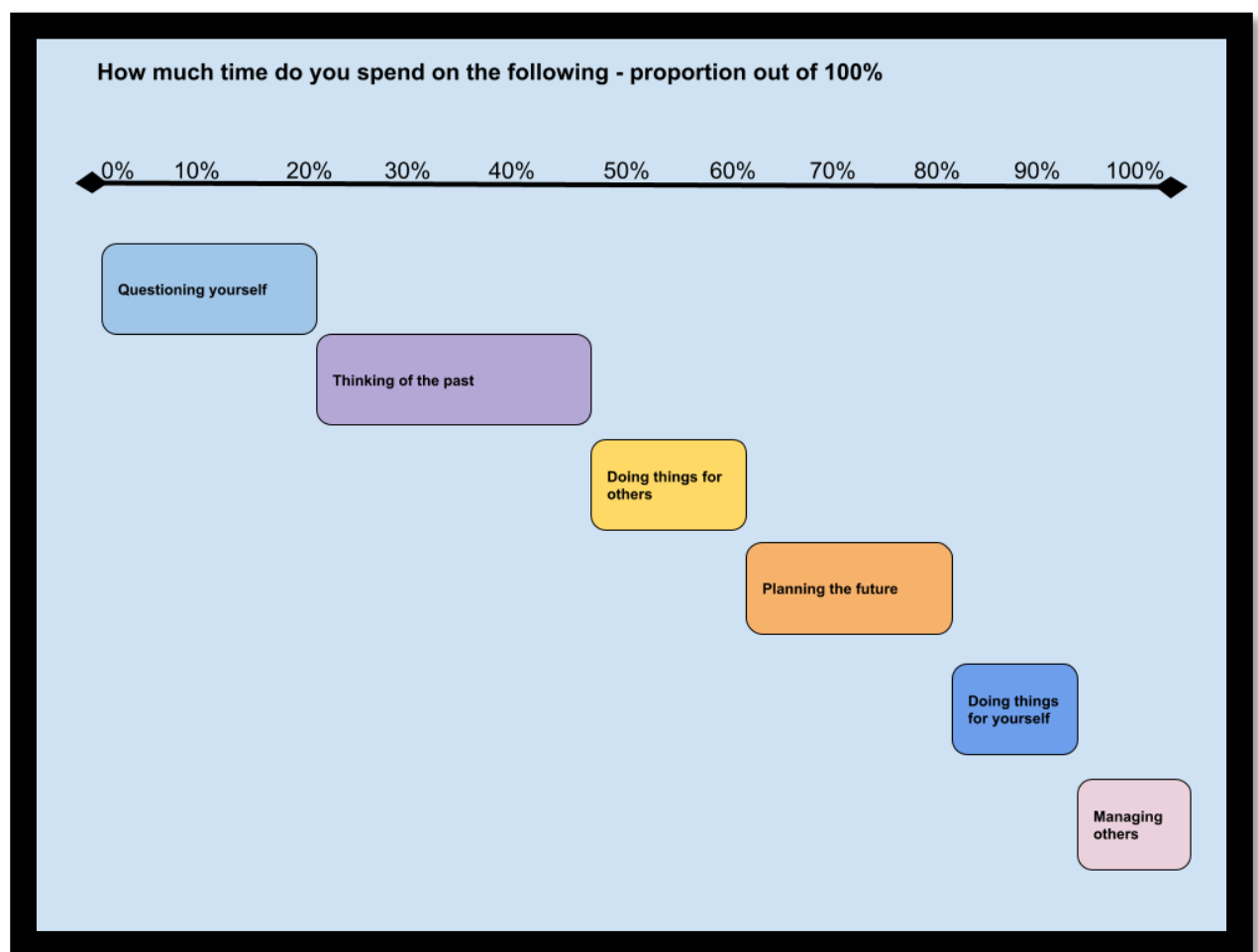
Example of more time spent on others

Below, find an example of someone I've coached who spends a lot more time managing others and doing things for others. This client also stated they wanted to have more time to do things for themselves.



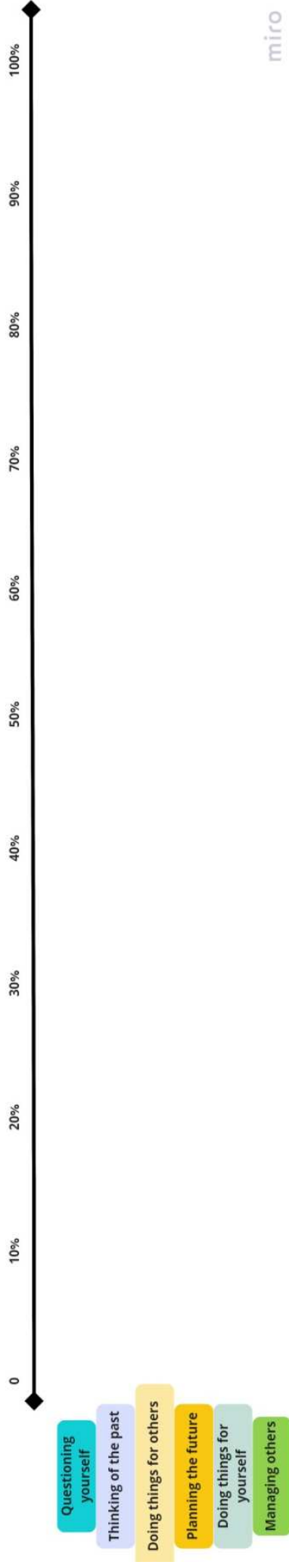
Example of time spent possibly judging oneself

Below, find a hypothetical example of someone who questions themselves, thinks of past actions and possibly judging these actions, and planning (worrying?) about the future.



COMPLETING YOUR CALCULATOR

How much time do you spend on the following - proportion out of 100%



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ABOUT ME



I'm Luna Muñoz Centifanti. I'm an applied social scientist with over 20 years' experience in investigating the psychological mechanisms of empathy, wellbeing, and social connections for people to thrive. After obtaining a PhD in Applied Psychology in New Orleans, I went to Europe for a permanent lectureship and was promoted to associate professor. I led in both research and professional service within the university sector, public and scientific societies, and non-profit organisations. I left academia in 2021 and started Luna Leadership where I help academics rediscover their skills, redefine success and find new jobs with meaning and purpose, with less stress.

My blueprint [Pivot with Purpose](#) has been perfected through my own research and practice expertise with over 300 hours spent reviewing the literature, courses and training, podcasts, books, interviewing academics and my own lived experience. I have a very active Facebook group at www.lunaleadership.com/facebook where I host guest speakers and hold masterclasses on career change and of importance, healing after academia.

From a young age, I was told that education was my path out of poverty. My parents were born in Puerto Rico and we had nothing growing up. The path I followed was paved with graduation certificates, national recognition, and other things to prove my worth – to get validation!

However, I had other drivers: a passion for helping other people and building connections with people. I held many jobs but I always devoted time to these projects that gave me fulfilment. I put a hold on these passion-projects while I finished my advance degree and then started an academic job as an assistant professor and then was tenured. But now I'm devoted to this aim. Helping workers to advocate for their own wellbeing and helping them shift their work toward their own valued living. My passion is to help other people Break Through! There are too many walls, doors and ceilings in academia, especially for women of colour, and my work within universities entailed helping people break through those ceilings.

Now, I want to help people open doors and bust the walls of boxes that seek to compartmentalize us.

We can be centered in our values and the legacy we want to create... our story of who we are!