



WHO SAID WE SHOULD HAVE IT ALL SORTED BY NOW?

Lidia and I talk about changing direction, the expectations we inherit and the joy of being a beginner. Who said we had to have it all sorted by now? There's still so much we can learn, even if the first go is a bit messy.

Lidia Ranieri and I chat about expectations and the joy of being a beginner.

SORTED IS OVERRATED.

01 CHANGING DIRECTION CAN FEEL A BIT EXPOSING.

Lidia talks about worrying how people would see her when she moved from a corporate identity into astrology. The social discomfort of change was part of her experience.

02 HAVE WE GIVEN OURSELVES A MOMENT TO LISTEN?

We talk about busyness and social media distracting us from a question that needs attention. A bit of reflection might feel uncomfortable before it feels clear.

03 WHOSE EXPECTATION IS THAT, ANYWAY?

Lidia talks about family expectations and asks which beliefs still serve us. Familiar doesn't automatically mean right for this chapter.

04 WE'RE STILL ALLOWED TO BE FIGURING THINGS OUT.

We question the idea that adults should already have everything sorted. Comparison can make that pressure harder to notice and question.

05 PICK SOMETHING YOU DON'T KNOW HOW TO DO YET.

Lidia's closing challenge is to become a beginner. An instrument, a language, something new. You don't need to start with mastery.



DO YOU EVEN WANT THE NEXT JOB?

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 DO YOU WANT YOUR BOSS'S JOB?

Lidia noticed she didn't want her boss's job, a good sign the path ahead wasn't hers. **Try it:** Ask whether you want the daily life that comes with the next role.

08 CONFIDENCE COMES FROM SMALL PROMISES

Lidia builds confidence by doing small things she said she'd do, rather than waiting to feel ready. **Try it:** Choose one small action for yourself and follow through.

10 HOW SHOULD I BE?

Purpose isn't only a job title. Lidia reframes what should I do as how should I be. **Try it:** Ask which parts of everyday life you love before chasing a new title.

07 VALUES BEFORE WANTS

Lidia gets clear on values first, so other people's lives and persuasive messages don't decide for her. **Try it:** List what matters to you before weighing your next decision.

09 WRITE WITHOUT NEEDING AN ANSWER

Stuck? Lidia suggests a friend who'll just listen, or journaling with no objective. **Try it:** Write freely for ten minutes without trying to solve anything.



BE A BEGINNER AT SOMETHING.

No grading the first go.

1 PICK ONE OF THOSE "SHOULDs".

Whose expectation is it? What might you choose if nobody were rating your answer? Just give the question a little room.

2 GIVE SOMETHING NEW A GO.

An introductory lesson or a short practice is enough to start. Choose something you're curious about. You don't have to be good at it yet.

3 YOU DON'T NEED TO GRADE THE FIRST GO.

What did you learn? Would you like to try again? Curiosity is enough to start with. You can leave being good at it for later.

ONE THING BEFORE 50. OR STARTING NOW.

Pick something you'd enjoy learning. You don't need a new identity or a polished result. You can just be a beginner.

OVER TO YOU

The expectation I'd like to revisit is...

The new thing I'd like to try is...
