



**Thrive at Work**

# Quick B.R.A.N.C.H. Reflection Guide

---

A guided journey through resilience, reinvention,  
and navigating what comes next



**Created by Benita Talati**

Creator of the B.R.A.N.C.H.™ Framework for Resilience and Reinvention

## Welcome

Life does not always give us a clear map. A difficult transition, health challenge, caregiving responsibility, career setback, or unexpected change can leave us unsure of what to do next. This guide gives you a place to pause, sort through what is happening, and identify a realistic next step.

The B.R.A.N.C.H. Framework is not about forcing a quick solution or pretending that adversity is easy. It is a structured reflection process that helps you move from overwhelm toward clarity, one thoughtful decision at a time.

### How to Use This Guide

- Set aside 20 to 30 minutes, or complete one section at a time if your energy or schedule is limited.
- Write honestly. There are no perfect answers and no requirement to solve everything today.
- Focus on what is within your control and choose a next step that fits your present capacity.
- Pause if a question feels overwhelming. Return when you feel ready, or discuss it with someone you trust.
- Revisit your responses later. Your needs, options, and perspective may change as your circumstances change.

### Before You Begin

*Take one slow breath. Notice what you are carrying without judging yourself for it. You do not need to have the entire path figured out. For now, you only need enough clarity to choose the next helpful step.*

## Important Disclaimer

This guide is provided for personal reflection and educational purposes only. Nothing in this guide should be construed as medical, mental health, legal, financial, or other professional advice. The information and prompts are general in nature and may not be appropriate for every person or situation.

Using this guide does not create a doctor-patient, therapist-client, attorney-client, financial-advisor, consultant-client, or other professional relationship. Do not rely on this guide as a substitute for an individualized evaluation, diagnosis, treatment plan, legal opinion, or other advice from a qualified professional who understands your circumstances.

Seek the advice of a licensed medical or mental health professional if you are experiencing mental health concerns, significant emotional distress, worsening symptoms, or difficulty functioning in daily life. Consult a qualified attorney for legal questions and an appropriately licensed financial professional for financial decisions.

If you believe you may harm yourself or someone else, are in immediate danger, or are experiencing a medical or mental health emergency, call 911 or your local emergency number. In the United States, you may also call or text 988 to reach the Suicide and Crisis Lifeline. If you are outside the United States, contact the emergency or crisis service available in your location.

You are responsible for deciding whether and how to use the reflection prompts in this guide. Stop at any time if the process feels unsafe, unhelpful, or beyond what you can manage on your own, and seek appropriate support.

## Your Lemon

*Begin by naming the challenge without minimizing it or asking yourself to solve it immediately.*

**Describe the challenge, situation, experience, or event you are facing.**

---

---

---

---

---

### Reframe the Story

**Instead of seeing this as...**

---

---

---

**I choose to see it as...**

---

---

---

## Breathe

*Pause before you react. Create enough space to see clearly.*

**What can help you pause and regain perspective?**

---

---

---

---

**What thoughts do you need to release before making decisions?**

---

---

---

---

**What practice can you use today to reduce stress?**

---

---

---

---

## Resources

*You do not have to navigate change alone.*

**Who can support you?**

---

---

---

---

**What things (tools or services) could help?**

---

---

---

---

**What places (e.g. house of worship, organization, government agency) can provide information?**

---

---

---

---

## Assess Abilities

*Reconnect with the strengths you can carry forward while honoring your current capacity.*

**What strengths define you?**

---

---

---

---

**What is your physical, emotional, and mental capacity right now?**

---

---

---

---

**What skills can you use in this situation?**

---

---

---

---

## Name Your Needs

*Clarity begins when you focus on what you need not what you want.*

**What do you truly need right now?**

---

---

---

---

**Which need is most urgent?**

---

---

---

---

**What can you ask for instead of carrying everything alone?**

---

---

---

---

## Consider Your Options

*Expand the possibilities before choosing a path.*

**Brainstorm different options, including one safe option and one possibility you have not fully explored.**

---

---

---

---

**What is one option you have not considered before?**

---

---

---

---

**What is one simple action you can take in the next 48 hours?**

---

---

---

---

## Head Into a New Direction

*Choose your next direction and begin with intention.*

**What decision are you making today?**

---

---

---

---

**When will you begin?**

---

---

---

---

**What does success look like in 90 days?**

---

---

---

---

## 30 Day Action Plan

Turn reflection into steady action. Keep each step specific, realistic, and appropriate for your current capacity.

| Goal | First Step | Target Date | Done                     | Notes |
|------|------------|-------------|--------------------------|-------|
|      |            |             | <input type="checkbox"/> |       |
|      |            |             | <input type="checkbox"/> |       |
|      |            |             | <input type="checkbox"/> |       |
|      |            |             | <input type="checkbox"/> |       |
|      |            |             | <input type="checkbox"/> |       |
|      |            |             | <input type="checkbox"/> |       |
|      |            |             | <input type="checkbox"/> |       |

## Reflection

*Notice what changed as you worked through the framework. Your insight matters even if your next step is still small.*

**What is the biggest insight I gained?**

---

---

---

**What am I proud of?**

---

---

---

**What will I do differently?**

---

---

---

**What encouragement would I give my future self?**

---

---

---

## About the B.R.A.N.C.H. Framework

The B.R.A.N.C.H.™ Framework is a practical reflection process created to help people move from adversity to action without rushing past their real needs or present capacity.

The six steps are Breathe, identify Resources, Assess Abilities, Name Needs, Consider Options, and Head Into a New Direction. Together, they create a flexible path for making thoughtful decisions during career transitions, health challenges, caregiving seasons, personal setbacks, and other periods of change.

You can complete the framework in one sitting, work through one section at a time, or revisit it as your situation develops. The goal is not a perfect answer. The goal is greater clarity, a stronger sense of agency, and a next step you can realistically take.

### Continue Your Reflection

Visit <https://thriveatworkconsulting.com/> for additional resources, future guides, and practical tools designed to support career growth, workplace well-being, and reinvention.

Scan the QR code below to subscribe to my FREE Work Hacks Newsletter.



Thrive at Work Consulting  
Making work possible.