



5 Steps to Explore Your Next Chapter - Mini Guide

If you're reading this, there's a good chance you're feeling tired, stuck, or quietly questioning what's next for you as a nurse.

You might not have clear answers yet, and that's okay.

This guide isn't here to tell you what to do, push you to leave nursing, or rush you into a decision.

It's simply a place to slow things down and help you reconnect with what *you* need, before thinking about what comes next.

The questions in the next five steps are designed to help you:

- Get some of your thoughts out of your head and onto paper
- Notice what's no longer working for you
- Start tuning into what matters most right now

There are no right or wrong answers here.

Take your time. Pause when you need to. Come back to it as often as you like.

Clarity doesn't come from forcing decisions; it comes from listening to yourself again.

You don't need to have it all figured out.

This is just the first step.

YOUR 5 STEPS

Step 1 - Get Honest About Where You Are

You can't map your next chapter if you're still trying to "push through" your current one.

Ask yourself:

- What is draining me?
- What feels misaligned?
- What have I been tolerating for too long?

Awareness is always your starting point.

Step 2 - Identify What You Want MORE Of (not just what you want to leave)

Most nurses know what they're tired of — but not what they actually want.

Consider:

- Impact?
- Flexibility?
- Freedom?
- Creativity?
- A sustainable way to care?

- More money?

This is how you build a vision instead of an escape plan.

Step 3 - Explore your options

Do you want to leave nursing, leave caring?

You can still:

- support communities
- improve wellbeing
- educate
- advocate
- lead

For example, CICs, community projects, educational programmes, mentoring, health initiatives...

There are MANY ways to care outside the NHS.

OR

Do you want to just start a side hustle? Do you want to try working outside of the NHS?

Do you want to try something non-clinical?

Do you want to start a business? Can you reduce your hours?

Step 4 - Check Your Capacity & Create Space

You don't need a full business plan — but you do need capacity.

Ask:

- What can I slow down?
- What can I delegate?
- What support do I need?

- What tiny action could create clarity this week?

You can't make clear decisions from burnout.

Step 5 - Take the First Low-Risk Step

Not quitting.

Not overhauling your life.

Just ONE clarity step, such as:

- exploring CIC, side hustle or general business ideas
- speaking to someone outside your nursing circle
- Looking beyond NHS and TRAC jobs (LinkedIn is great for seeking other roles, both clinical and non-clinical)
- Reaching out to someone within your nursing area whose already in a position that you want to get to. Ask them for mentoring and guidance, and to shadow them.
- downloading free business idea guides or watching a FREE masterclass
- Listening to a NEW personal development or business podcast
- Booking a 1:1 Clarity call with me - [CLICK HERE](#)

Having this momentum gives you confidence, which then can help you to have direction!

If you would like to know more about CIC's, come and join my private [Facebook Group](#).

I do weekly LIVES, share insights and tips.

I hope this helps!

Danielle

x

From Passion to Purpose Start & Grow Your CIC with Confidence

Learn • Grow • Get Funded • Make a Difference

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