

For Your Next Chapter



Sometimes the next chapter doesn't begin with a plan. It begins with noticing.

Set aside a quiet moment. Pour a cup of coffee or tea, find a comfortable place, and give yourself permission to answer without trying to make your responses sound polished or profound. There are no right answers here—only an opportunity to listen a little more closely to yourself.

BEGIN HERE

1. What parts of my life right now feel most like me?
2. What parts feel connected to obligation, habit, or someone else's expectations?
3. When do I feel most engaged, peaceful, curious, or energized?
4. What values seem to be present in those moments?
5. Is there something I have been wanting to explore, create, experience, or change?
6. What is one small choice I could make this month that would move me closer to that?
7. Who—or what—could support me as I explore what comes next?

ONE THOUGHT TO CARRY WITH YOU

After writing, read your responses again. What word, idea, desire, or possibility keeps asking for your attention?

Write it down. Keep it somewhere you'll see it.

Tuck it into your journal, pin it to a vision board, place it beside your desk, or return to it a month from now.

You don't need to know the entire next chapter. Sometimes one honest sentence is enough to begin.