

Frogs & Swans

THE NEXT CHAPTER STUDIO

HOW DO YOU KNOW WHEN YOU'RE READY FOR CHANGE?

A short workbook for noticing what no longer fits
and beginning to imagine what comes next

You do not need to know exactly what comes next. You only need to be willing to pay attention.

Created by Sabine Gillert

Change rarely arrives with a clear announcement

Sometimes it begins with a quiet sense that something no longer fits. A job that once mattered. A home that feels crowded with an earlier version of your life. A relationship, routine or identity you have begun to outgrow.

Nothing may be obviously wrong. And yet, you keep wondering whether life could feel different.

This workbook is not here to tell you what to do. It is a place to slow down, hear yourself think and notice what may already be trying to change.

You do not need to be in crisis. You do not need to have a plan. You are allowed to want something different before you know exactly what it looks like.

Move through these pages slowly. Write what is true, not what sounds sensible.

Before you begin

What brought you to this workbook today?

PART ONE

Change does not always begin with a crisis

Sometimes the first sign is simply that the life you have built no longer feels entirely like yours.

We often wait for a dramatic event to give us permission to change. But change can begin much earlier: with restlessness, curiosity, fatigue, envy, a recurring idea or the feeling that you are living on autopilot.

These feelings are not instructions to overturn your life. They are information. The question is not whether you should act immediately. The question is whether you are willing to listen.

A quiet discomfort can be as meaningful as a loud crisis.

Where in your life have you been telling yourself, 'It's fine,' when it does not feel fine?

What thought or possibility keeps returning, even when you try to dismiss it?

Seven signs something may be shifting

You may recognize one of these signs or several. There is no score to achieve.

1

What once felt right no longer does.

A role, routine, relationship or way of living has begun to feel too small or out of date.

2

You keep imagining a different version of your life.

The details may be vague, but the image keeps returning.

3

You feel restless, flat or disconnected.

Nothing is dramatically wrong, but you do not feel fully present in your own life.

4

Your surroundings no longer reflect who you are becoming.

Your home may feel crowded, unfinished or tied to a chapter you have already left.

5

You are staying because change feels difficult.

Fear, responsibility or uncertainty may be making the decision for you.

6

A role that once defined you is ending.

Work, parenting, partnership or place may be shifting, leaving you unsure who you are without it.

7

You do not know what you want yet.

But you know you want something different.

REFLECTION

What no longer fits?

Complete these sentences without editing yourself. Your first answer is often the most useful one.

I have been pretending I'm still happy with...

I feel most like myself when...

I feel least like myself when...

I keep telling myself I should...

If I were completely honest, I would admit...

The change I keep thinking about is...

What are you craving more of?

It is easier to recognize what is wrong than to name what we want. Begin with how you want life to feel.

Do not ask what is realistic yet. Ask what feels alive.

I want more time for...

I want to feel more...

I miss the part of me that...

I would love to try...

I want my home to feel...

A life that feels more like mine would include...

PART THREE

What is keeping you where you are?

Resistance does not always mean the change is wrong. Sometimes it means the change matters.

What are you afraid might happen if you make a change?

What are you afraid might happen if you do not?

Whose expectations are you carrying?

What would become possible if you trusted yourself a little more?

Fear deserves to be heard. It does not always deserve the final decision.

The life-and-home check-in

For each area, circle a number from 1 to 10. Then note what feels out of alignment. One means ‘not at all like me’; ten means ‘fully like me.’

AREA	RATING	WHAT I NOTICE
Work or purpose	1 2 3 4 5 6 7 8 9 10	
Relationships and connection	1 2 3 4 5 6 7 8 9 10	
Energy and wellbeing	1 2 3 4 5 6 7 8 9 10	
Creativity and curiosity	1 2 3 4 5 6 7 8 9 10	
Home and surroundings	1 2 3 4 5 6 7 8 9 10	
Time and daily rhythm	1 2 3 4 5 6 7 8 9 10	

Which area is asking for your attention first—and why?

PART FOUR

You do not need the whole answer

Clarity often arrives after movement, not before it. A small, honest action can teach you more than another month of thinking.

Choose one small experiment

An experiment is not a lifetime commitment. It is a way to gather information about what gives you energy, what fits and what you want to explore next.

One conversation I could have is...

One thing I could say no to is...

One thing I could make room for is...

One corner of my home I could change is...

One possibility I could explore without committing to it is...

My small next step: _____ **I will do it by:**

PAUSE AND NOTICE

What has become clearer?

Do not look for a perfect conclusion. Look for the sentence that feels most honest.

Something I know now that I was avoiding is...

Something I want more of is...

Something I may be ready to leave behind is...

The question I most need to explore is...

If I trusted what I have written, my next step would be...

When coaching can help

You do not need to be in crisis to work with a coach.

Coaching can be useful when you are standing between what has been and what comes next. It gives you a place to step away from other people's opinions, hear yourself think and explore what you genuinely want.

I will not prescribe a perfect next chapter or tell you how to live. My role is to listen carefully, ask the questions that help you see more clearly, challenge the assumptions keeping you stuck and support you as you turn insight into action.

Coaching may help if you are:

- Considering a personal or professional change
- Moving through retirement, relocation, divorce, an empty nest or a new beginning
- Feeling successful on paper but disconnected in practice
- Trying to make a decision without losing yourself in everyone else's expectations
- Ready for something different, even if you cannot name it yet

Coaching is not about fixing you. It is about creating enough space and clarity to shape what comes next.

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SOMETIMES CHANGE BEGINS WITH AN ANSWER. MORE OFTEN, IT BEGINS WITH A BETTER QUESTION.

If this workbook has brought something to the surface, you do not have to work through it alone.

A discovery call is a relaxed first conversation. We can talk about what is changing, what you want help with and whether coaching together feels like the right next step.

**YOU ARE ALLOWED TO WANT SOMETHING DIFFERENT BEFORE YOU KNOW
EXACTLY WHAT IT LOOKS LIKE.**

BOOK A DISCOVERY CALL

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