# Your Navy Blue Wall

*A Reflection Guide for Marking Your Next Chapter*

Sometimes, change starts with a single, symbolic act—a moment that says, “I’m not going back.” This guide will help you name what’s shifting, explore what you’re ready to release, and define what small act could mark the start of your next chapter.

**Reflection Prompts:**

1. What’s one small act I could take this week that signals I’m ready to move forward?

2. What have I put off? Not because I’m not ready, but because I’m afraid to declare a new beginning.

3. What’s one past moment when I made a bold or symbolic move? What changed afterward?

4. If I could create a visible sign of commitment to my next chapter, what would it be?

5. What message do I need to hear right now to give myself permission to begin again?

My symbolic act will be: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why it matters to me: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

When I’ll do it: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What I want to remember as I take this step: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Want support? Let’s talk. We can start with a free call. <https://focusingonresults.com/request-a-discovery-call> No pressure. Just a real conversation about what’s next for you.

Mark Wigginton, MS, LPC, BCC

Helping people like you write the next chapter; one honest step at a time.

MarkW@focusingonresults.com

https://www.linkedin.com/in/focusingonresults/