



Pause Before You Proceed

When everything feels important, it becomes difficult to know where to begin.

Before taking your next step, slow down long enough to choose it well.

Use the three questions below to narrow your focus.

Is This Mine to Carry?

Overwhelm often comes from reacting to urgency rather than to intention.

Ask yourself:

- Is this truly mine to respond to?
- Am I stepping in out of habit?
- If I don't act on this, what actually happens?

Write what feels true right now:

Does This Energize or Drain Me?

Ask yourself:

- Is this truly mine to respond to?
- Am I stepping in out of habit?
- If I don't act on this, what actually happens?

Write what feels true right now:

Will This Move Me Forward — Even Slightly?



You do not need a five-year plan.

You need direction.

The right small step:

- Respects your current capacity
- Builds clarity through action
- Moves you forward, even modestly

What is one step that feels aligned and manageable this week?

Choose One Step

Not three.

Not five.

One.

My aligned step for this week is:

When will I take it?