



secondactinspiration

What Is Possible Now?



A GUIDED JOURNAL

Explore what you may be waiting for,
discover what is possible right now,
and take one small step
toward living more fully.



A PAUSE &
CONSIDER
COMPANION



Today is
full of
possibilities





Before You Begin

One of the themes of this month's blog is that many of us spend years waiting.

Waiting for more time.

Waiting for life to settle down.

Waiting until circumstances change.

Yet life has a way of continuing to unfold, often differently than we expected.

This journal isn't about finding all the answers. It's simply an invitation to pause, reflect, and notice what may already be possible.

Take your time. There are no right or wrong answers.



Part One: What Am I Waiting For?

I'm waiting until...

One thing I've been putting off is...

I've been telling myself: 'I'll do that when...'

Part Two: Looking a Little Deeper

Sometimes what we're waiting for has very little to do with our circumstances.

As you think about your answers, consider these questions:

 I don't have enough time.

 I don't have enough money.

 I'm afraid I'll fail.

 I feel guilty putting myself first.

 I'm hoping life will feel the way it used to.

 Something else.

What stands out to me:

Part Three: What Is Possible Now?

What is one thing that is possible today?

What is one small step I could take this month?

Who could encourage or support me?

A Promise to Myself

This month I will...

Closing Thought

Life may never unfold exactly the way we imagined.

But that doesn't mean we have to wait to begin living it.

Sometimes the smallest step becomes the beginning of something we never expected.

Continue Your Journey

Thank you for taking the time to reflect.

I hope these pages helped you discover that even when life doesn't unfold as planned, there is still room for possibility. Visit SecondActInspiration.com for more blogs, resources, and encouragement for your second act.

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