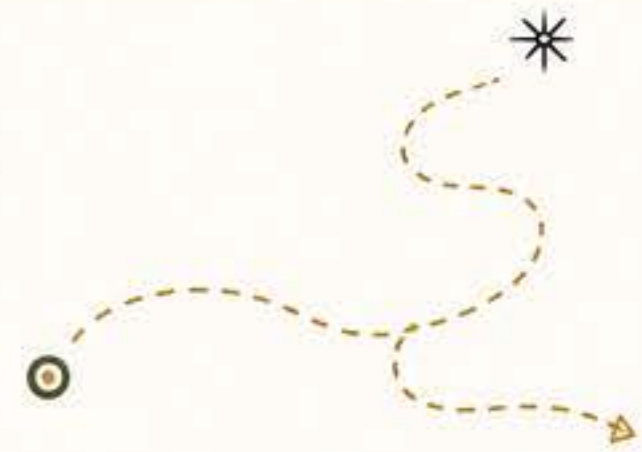




Choosing My Path

Choosing your next step.



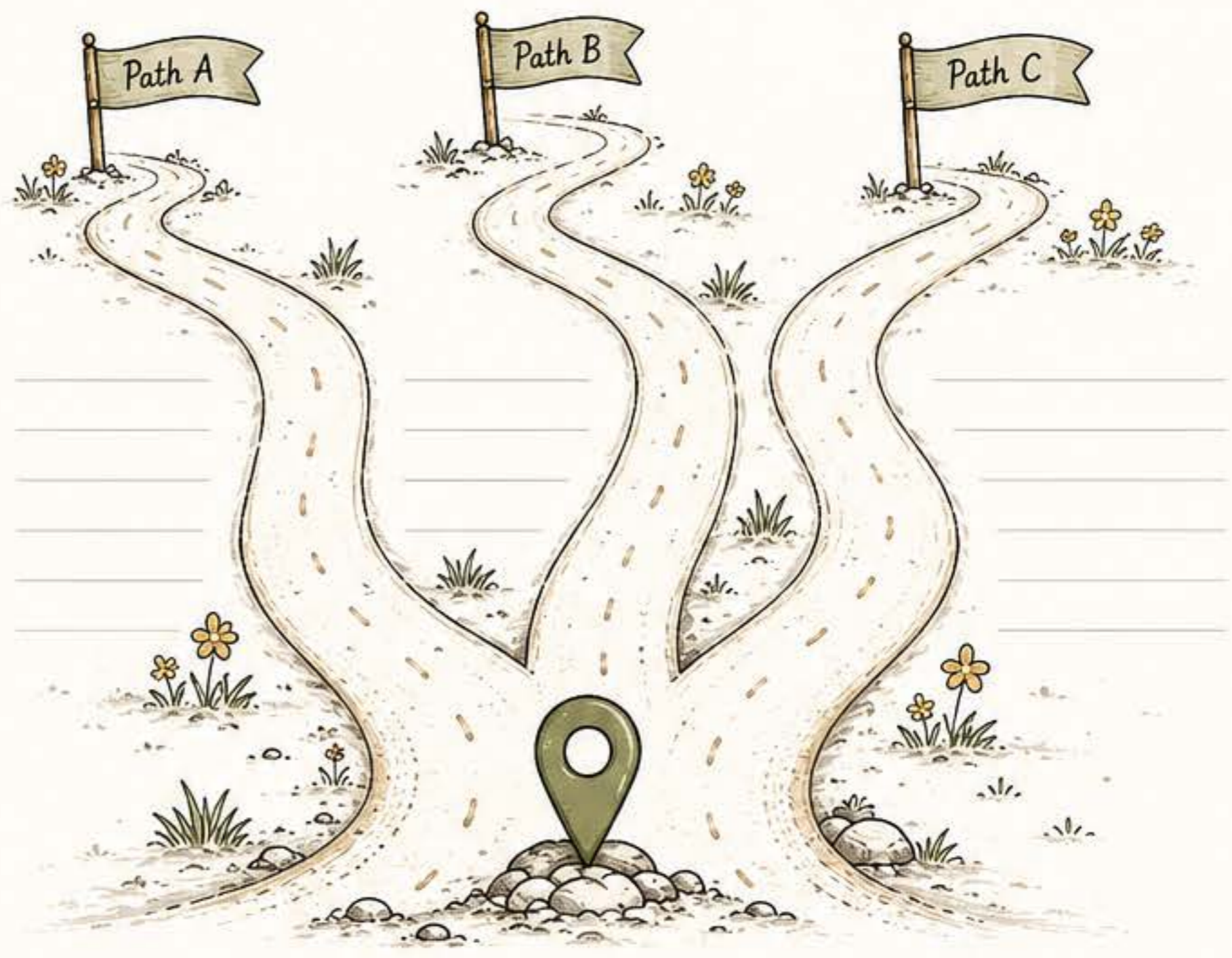
1 Where Am I Now?

What situation, decision, or crossroads are you currently navigating?

A spiral-bound notebook with a star icon in the top right corner and several blank lines for writing.

2 What Paths Are In Front Of Me?

What options, possibilities, or directions are available to me right now?



3 Which Path Feels Right?

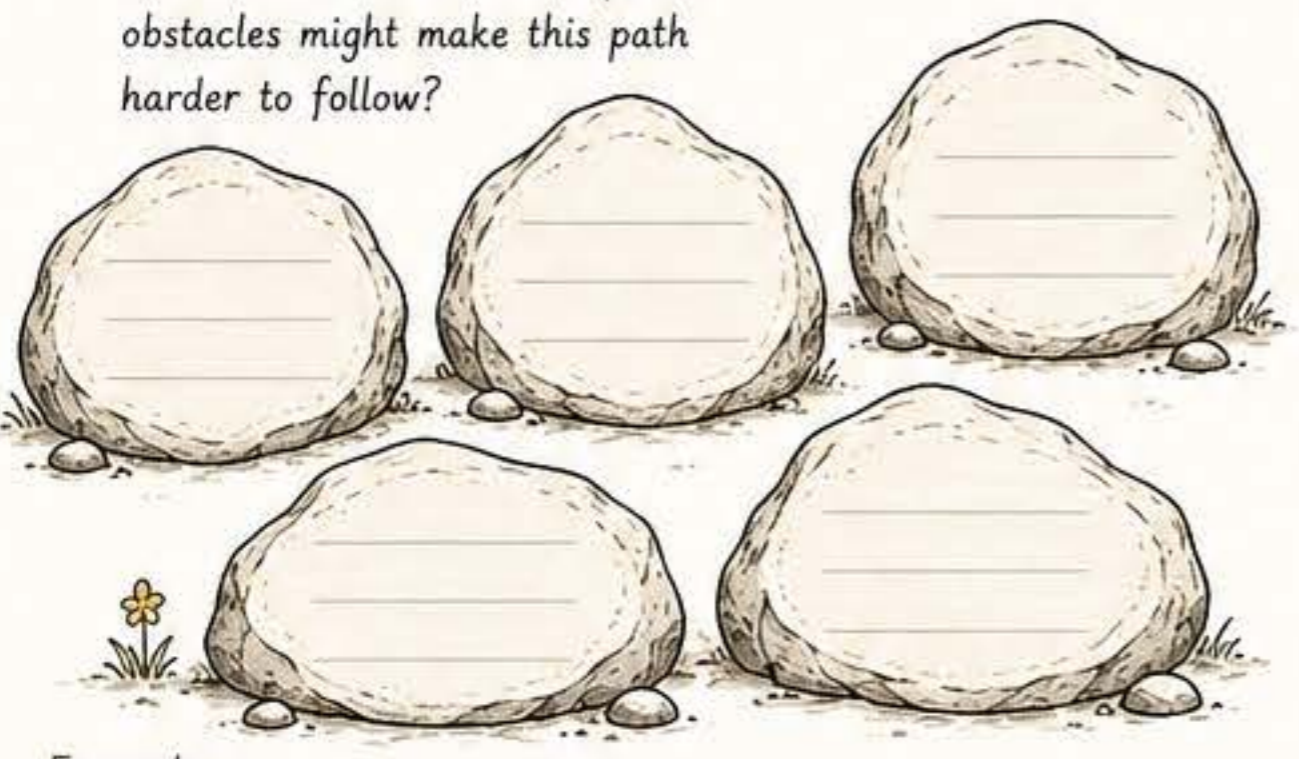
Which path feels most worth exploring right now?

Draw a line, circle it, or place an X on the path that stands out.



4 What Might Get In The Way?

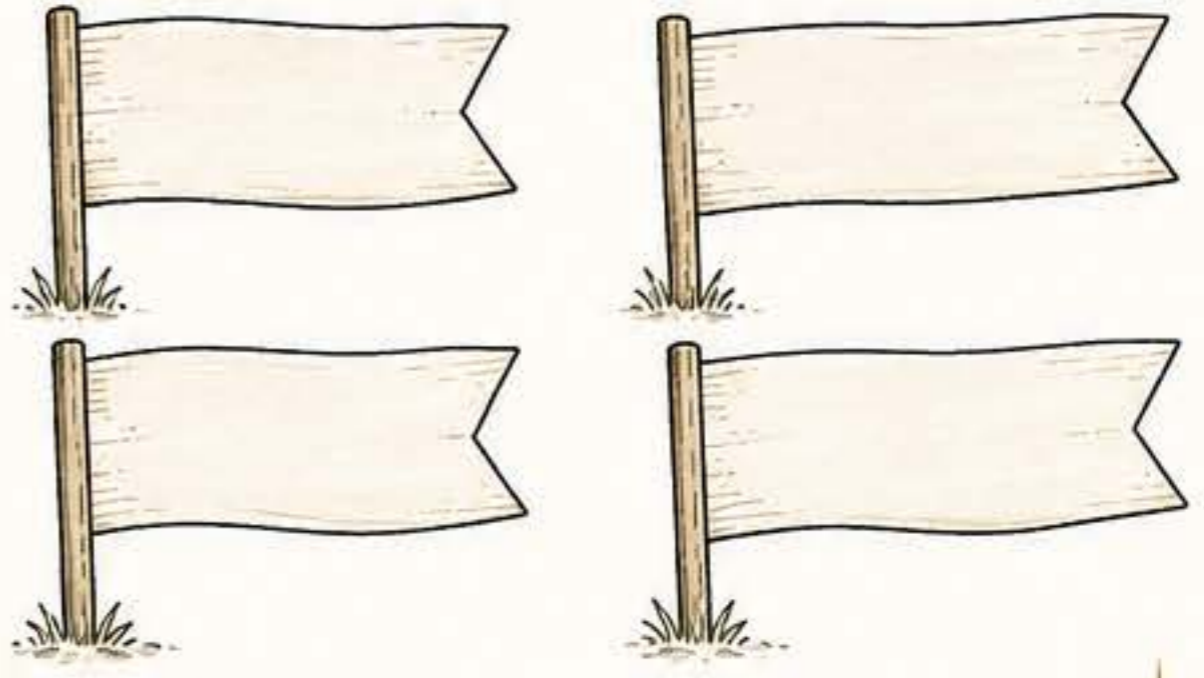
What fears, worries, assumptions, or obstacles might make this path harder to follow?



Examples:
fear, doubt, guilt, uncertainty, perfectionism, other people's opinions, lack of time, or something else entirely.

5 What Do I Need Right Now?

What would help you take the next step?



Examples:
support, information, rest, time, courage, clarity, a conversation, a boundary, a plan, or something else entirely.

6 My Next Step

Not the whole path.
Just the next step.



A spiral-bound notebook with a star icon in the top right corner and several blank lines for writing.

