



The Next Step Map

*For when something keeps showing up,
but you are not ready to name it all at once.*

Start with one thing that surfaced during The Check In.
You do not have to sort out your whole life to begin.

SEE WHAT NEEDS YOUR ATTENTION

01 WHAT I NOTICED

What keeps coming up for me right now?

02 WHAT IS UNDER IT

What feels hardest to say out loud about this?

03 WHAT I AM CARRYING

What pressure, role, or story have I been holding without question?

04 WHAT IS MINE TO ADDRESS

What is actually mine to work on, and what is not?

*You are allowed to pause, reflect, and choose
your next step with more clarity.*



Choose What Comes Next

You do not need to fix your whole life today. You need one honest place to notice what is still carrying too much.

05 WHAT I NEED

What do I need right now that I have been ignoring, postponing, or not letting myself ask for?

06 WHAT CAN STAY

What is still working, steady, or worth protecting as I make this choice?

07 WHAT NEEDS TO CHANGE

What is one pattern, habit, or reaction I can stop repeating the same way?

08 MY NEXT STEP

What is one realistic conversation, boundary, request, or action I can take next?

MY NEXT STEP IS:

I WILL TAKE IT BY:

*You do not need to have everything figured out.
You only need one clear next move.*

Bring what you discover here with you into this paid member experience.