

9 Ways To Start Discovering What You Really Want in This Next Chapter

1. Reconnect with Your Old Passions

Before kids, what made you feel alive? Was it a career you loved, a creative hobby, or a cause you cared deeply about? Reconnect with it and see if the passion is still there.

2. Make a Joy List

Grab a notebook and write down everything — big or small — that brings you *joy*. Coffee with a friend, learning something new, leading a team, volunteering. Look for patterns. These could be the clues pointing you toward what's next.

3. Recognize Your Strengths

You've spent years managing schedules, solving problems, leading projects, and supporting others. These aren't just "mom skills", they are valuable leadership skills. Own them. Recognize that they could be the foundation for whatever comes next.

4. Be a Student Again

Sign up for that class or workshop you've been eyeing. Whether it's personal growth, creative expression, or professional training, try it! Learning can open doors you didn't even know were there.

5. Reach Out to Your People

Reconnect with old friends, colleagues, or mentors. They see you from different seasons of life and can often remind you of strengths and dreams you may have forgotten, or even spark a new idea that you hadn't considered.

6. Do Something New

Launch a small project, write a blog, organize a community event, create something with your hands. Often, clarity comes from *doing*, not just thinking.

7. Work with a Coach or Mentor

Sometimes we need someone outside of ourselves to help us see what's possible. Coaching can help you uncover your values, gain clarity, and help create a roadmap for your next chapter.

8. Create a Vision Board

Pull together images, quotes, and words that inspire you. Seeing your dreams in front of you makes them feel more real and helps you get clear on what you truly want.

9. Give Yourself Permission to Explore

This is the time for exploration, you don't need to have it all figured out right now. Try new and unfamiliar things. Say yes to opportunities that pique your curiosity. You are on a journey to discover what provides fulfillment and that takes time.

"Every single thing that has ever happened in your life is preparing you for a moment that is yet to come"

~John Spence