

Find Your Direction

Take about 30 minutes. Write short phrases or full sentences. Begin where you are.

01 Past goals and experiences

Which accomplishments, roles, and experiences shaped you? What did you value about them?

02 What gives you energy today

Which activities, relationships, or moments feel engaging and meaningful now?

03 A future that fits

What would you like more of in the next year or two? How do you want to live or contribute?

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04 Inner barriers

Which beliefs, fears, habits, or expectations might hold you back? Be curious, not critical.

05 Practical barriers

What limits your time, resources, support, or capacity? Which of these can you influence?

06 Find the thread

What values or interests repeat across your answers? What direction feels worth exploring?

07 One step this week

Choose one small action. When will you take it, and what will help you follow through?
