Notice what keeps coming up.

Give yourself 15 minutes for pages 1 and 2. Come back to page 3 in a week.

When did I feel most like myself recently?

Think of a particular moment. What was I doing, and who was there?

What do I keep wishing were different?

Think about work, relationships, money, routines, or creative time.

Which change would matter to me even if nobody saw it?

Circle one idea I want to explore this week.

Choose one small thing to try.

Pick something you can do within seven days and learn from afterward.

I’m curious whether…

Example: I want a new job, or I want more creative work in the job I have.

This week I’ll find out by…

Example: Ask someone in a creative role what they do in a typical week.

When will I do it? What’s my backup if the plan falls through?

Make it specific enough to put on my calendar.

See what you learned.

Return to this page seven days after choosing your first move.

What happened when I tried it?

If I didn’t try it, what got in the way?

What did I learn about what I want?

Think about what felt energizing, draining, or surprising.

What will I do next?

Choose one: repeat it, adjust it, or try something else.