When You Feel Behind

Name the milestone, identify what you hope it would give you, and try one small way to get more of that.

Example
I feel late for a promotion. I want more ownership. I'll ask to lead one part of the next project.

What milestone is on my mind?

Think of when the feeling showed up.

What do I hope reaching it would give me?

Examples include stability, connection, or choice.

What could I try this week?

Choose a specific action and give it a time.