

GET UNSTUCK - MOVE FORWARD!

Start by reflecting on what you want in LIFE and WORK.

NAME

DATE

The first step to moving forward is connecting with YOU! Consider: What's important? What makes you come alive? Why? Then, use this info to figure out next steps to explore and choose your ideal path. Print this sheet or grab your favorite journal and a pen, and enjoy reflecting on what you want!

If you had a magic wand and could change one thing about your life and/or your work to make it better, what would it be? Why?

Close your eyes. Picture a time when you felt super alive in your life and/or at work. What were you doing? Why did it feel so good?

Describe your ideal day, including your morning routine, workday (if applicable), and evening. What would you love to be doing?

Want to go over your thoughts? Click the link to sign up for a free 20 min. phone chat with Jen to figure out your next steps! <https://calendly.com/jenearls/20min>