

ONE STEP CLOSER

TO YOURSELF



ONE STEP CLOSER TO YOURSELF

WELCOME

THIS WORKBOOK IS AN INVITATION TO PAUSE, REFLECT AND RECONNECT WITH WHAT MATTERS TO YOU. IT WILL HELP YOU EXPLORE WHERE YOU ARE NOW, RECOGNISE WHAT YOU NEED AND CHOOSE MEANINGFUL STEPS TOWARDS THE LIFE YOU WOULD LIKE TO CREATE.

IF SOME THINGS HAVE NOT UNFOLDED AS YOU HOPED, APPROACH THEM WITH CURIOSITY RATHER THAN JUDGEMENT. THERE MAY BE FEARS, CIRCUMSTANCES OR CHANGING PRIORITIES THAT DESERVE YOUR ATTENTION. THESE PAGES OFFER SPACE TO LOOK BACK ON YOUR EXPERIENCES, CHECK IN WITH THE PRESENT AND IMAGINE A FUTURE THAT FEELS RIGHT FOR YOU.

YOU CAN USE THIS WORKBOOK ON YOUR OWN OR BRING YOUR REFLECTIONS INTO OUR SESSIONS TOGETHER. TAKE YOUR TIME, WRITE HONESTLY AND REMEMBER THAT THERE ARE NO RIGHT OR WRONG ANSWERS. YOU ARE WELCOME TO PAUSE, SKIP A QUESTION OR RETURN TO IT LATER.

WHETHER YOU ARE BEGINNING A NEW YEAR, CELEBRATING A BIRTHDAY OR MOVING INTO A NEW CHAPTER, LET THIS BE A LITTLE SPACE JUST FOR YOU.

LOOKING BACK

YEAR IN REVIEW

QUESTIONS TO REFLECT ON:

1. WHICH EVENTS, ACHIEVEMENTS AND MOMENTS STAND OUT MOST FROM THE PAST YEAR?
WRITE DOWN AT LEAST FIVE MEMORABLE MOMENTS. SMALL, QUIET MOMENTS COUNT TOO.



LOOKING BACK

YEAR IN REVIEW

QUESTIONS TO REFLECT ON:

2. WHAT ARE YOU MOST PROUD OF FROM THE PAST YEAR?
THINK ABOUT YOUR PERSONAL LIFE, WORK, HEALTH AND RELATIONSHIPS. INCLUDE
THE THINGS THAT TOOK COURAGE OR EFFORT, EVEN IF NOBODY ELSE NOTICED.



LOOKING BACK

YEAR IN REVIEW

QUESTIONS TO REFLECT ON:

3. WHICH MISTAKES, SETBACKS OR DIFFICULT EXPERIENCES HAD THE GREATEST IMPACT ON YOU? WHAT DID YOU LEARN FROM THEM? REFLECT WITH KINDNESS. YOU DO NOT HAVE TO FIND A POSITIVE LESSON IN EVERY DIFFICULT EXPERIENCE.



LOOKING BACK

YEAR IN REVIEW

QUESTIONS TO REFLECT ON:

4. WHAT WOULD YOU LIKE TO LEAVE BEHIND AS YOU ENTER THIS NEXT CHAPTER? PERHAPS A HABIT, AN EXPECTATION OR A WAY OF TREATING YOURSELF THAT NO LONGER SERVES YOU.



LOOKING BACK

YEAR IN REVIEW

QUESTIONS TO REFLECT ON:

5. WHAT IS THE MOST IMPORTANT LESSON YOU WANT TO CARRY FORWARD FROM THE PAST YEAR?



THE PRESENT



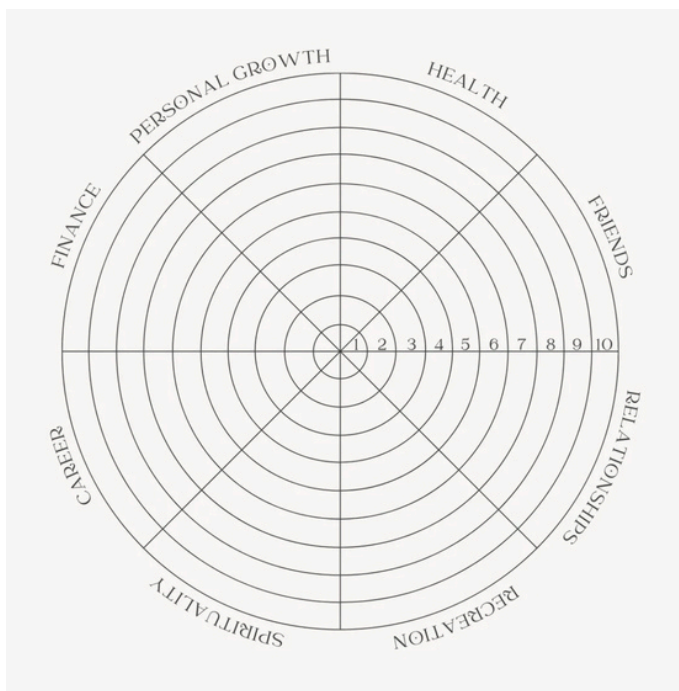
THE PRESENT

LIFE CHECK-IN

YOUR LIFE BALANCE WHEEL

RATE YOUR SATISFACTION IN EACH AREA FROM 1 (VERY DISSATISFIED) TO 10 (VERY SATISFIED).

SHADE EACH SECTION FROM THE CENTRE OUT TO YOUR SCORE. NOTICE WHAT FEELS FULFILLING AND WHAT COULD USE A LITTLE MORE CARE. THERE IS NO PERFECT BALANCE. THIS IS SIMPLY WHERE YOU ARE TODAY.



THE PRESENT

LIFE CHECK-IN

QUESTIONS TO REFLECT ON:

1. WHICH THREE AREAS OF YOUR LIFE WOULD YOU MOST LIKE TO GIVE
ATTENTION TO? WHY?



A large, empty white rectangular box intended for the user to write their reflections on the question above.



THE PRESENT

LIFE CHECK-IN

QUESTIONS TO REFLECT ON:

2. WHAT IS ALREADY HELPING YOU FEEL CONFIDENT, SUPPORTED OR GROUNDED? THINK ABOUT THE PEOPLE, ROUTINES, PLACES AND EXPERIENCES THAT HELP YOU FEEL MORE LIKE YOURSELF.



THE PRESENT

LIFE CHECK-IN

QUESTIONS TO REFLECT ON:

3. WHICH STRENGTHS OR INNER RESOURCES COULD HELP YOU IMPROVE HOW YOU
FEEL RIGHT NOW?
CONSIDER THE QUALITIES YOU ALREADY HAVE AND HOW YOU MIGHT
DRAW ON THEM.



A large, empty white rectangular box intended for the user to write their reflections.



YOUR FUTURE



LOOKING AHEAD

YOUR GOALS

WHAT YOU REALLY WANT

1. WHAT WOULD YOU MOST LIKE TO WORK TOWARDS IN THE YEAR OR
CHAPTER AHEAD?
WRITE DOWN AT LEAST FIVE GOALS OR INTENTIONS, STARTING WITH THE ONES
THAT MATTER MOST TO YOU.



A large, empty white rectangular box intended for writing down goals or intentions.



LOOKING AHEAD

YOUR GOALS

WHAT YOU REALLY WANT

2. HOW DO THESE GOALS CONNECT WITH YOUR PERSONAL VALUES?
DO THEY REFLECT WHAT TRULY MATTERS TO YOU?



A large, empty white rectangular box intended for writing answers to the question above.



LOOKING AHEAD

YOUR GOALS

WHAT YOU REALLY WANT

3. WHY DOES EACH OF THESE GOALS MATTER TO YOU?
THINK ABOUT WHAT ACHIEVING THEM WOULD MEAN TO YOU AND WHAT THEY
COULD BRING INTO YOUR LIFE.



LOOKING AHEAD

YOUR GOALS

UNDERSTANDING WHAT HOLDS YOU BACK

1. WHAT FEARS, DOUBTS OR UNDERLYING BELIEFS MIGHT BE HOLDING YOU BACK?
FOR EXAMPLE: "I'M AFRAID IT WON'T WORK OUT" OR "I DON'T FEEL CONFIDENT
ENOUGH."



LOOKING AHEAD

YOUR GOALS

UNDERSTANDING WHAT HOLDS YOU BACK

2. HOW COULD YOU LOOK AT THESE FEARS IN A MORE BALANCED AND SUPPORTIVE WAY?
WHAT COULD HELP YOU TAKE A STEP FORWARD, EVEN IF SOME UNCERTAINTY REMAINS?



LOOKING AHEAD

YOUR GOALS

TAKING YOUR FIRST STEPS

1. WHAT ARE THE FIRST THREE STEPS YOU FEEL READY TO TAKE TOWARDS EACH OF YOUR GOALS?
KEEP THEM SMALL, SPECIFIC AND MANAGEABLE.



LOOKING AHEAD

YOUR GOALS

TAKING YOUR FIRST STEPS

2. WHAT RESOURCES OR SUPPORT WILL YOU NEED TO MOVE FORWARD?
CONSIDER TIME, INFORMATION, PRACTICAL HELP, ENCOURAGEMENT OR
PROFESSIONAL SUPPORT.



SUPPORT FOR THE YEAR AHEAD

WORDS TO COME BACK TO

WRITE THREE TO FIVE ENCOURAGING STATEMENTS TO SUPPORT YOU IN THE
YEAR OR CHAPTER AHEAD.

CHOOSE WORDS THAT FEEL KIND, PERSONAL AND BELIEVABLE.
FOR EXAMPLE: "I CAN TAKE THIS ONE STEP AT A TIME" OR "I AM ALLOWED TO
ASK FOR SUPPORT."



A large, empty white rectangular box intended for writing three to five encouraging statements to support the user in the year or chapter ahead.

SUPPORT FOR THE YEAR AHEAD

A LETTER FROM YOUR FUTURE SELF

IMAGINE YOURSELF A YEAR FROM NOW, HAVING MADE MEANINGFUL PROGRESS
TOWARDS YOUR GOALS.

WRITE A LETTER FROM YOUR FUTURE SELF TO THE PERSON YOU ARE TODAY.
DESCRIBE HOW YOU FEEL, WHAT YOU HAVE ACHIEVED AND WHAT HAS CHANGED.
WHAT WOULD YOUR FUTURE SELF WANT YOU TO REMEMBER?



A large, empty white rectangular box intended for writing a letter from one's future self.

SUPPORT FOR THE YEAR AHEAD

YOUR WORD FOR THE YEAR

CHOOSE ONE WORD THAT REPRESENTS YOUR INTENTIONS FOR THE YEAR OR
CHAPTER AHEAD.
IT MIGHT BE "COURAGE", "CONNECTION", "STEADINESS", "FREEDOM" OR SOMETHING
ENTIRELY YOUR OWN.
LET IT BE A GENTLE REMINDER OF WHAT MATTERS TO YOU.



YOU'VE TAKEN A STEP

ONE STEP CLOSER TO YOURSELF

RETURN TO YOUR REFLECTIONS ONCE A MONTH TO NOTICE WHAT HAS CHANGED, RECOGNISE
YOUR PROGRESS AND ADJUST YOUR INTENTIONS AS LIFE UNFOLDS.
YOU DO NOT NEED TO HAVE EVERYTHING FIGURED OUT. MEANINGFUL CHANGE CAN BEGIN
WITH ONE SMALL STEP.

