



My Next 3 Steps

Moving forward-- simply and calmly

Before You Begin

When everything feels uncertain, it's natural to try to solve everything at once.

But real progress doesn't come from doing more.

It comes from choosing **clear, manageable steps** and following through.

Take a breath before you begin.

You don't need a full plan right now.

You just need your next few steps.



Part 2: Choosing Your Next 3 Steps

Not ten steps. Not a full plan.

Just 3.

Step 1 (First, simplest step)

Step 2 (Next supportive step)

Step 3 (A step that builds momentum)



Part 3: Keep It Manageable

Check in with yourself.

Do these steps feel:

- Clear
- Simple
- Doable
- Calm

If not, gently simplify them.



Part 4: One Step at a Time

You do not need to complete all three steps at one.

Which step will I take first?

Part 5: Supporting Myself

Instead of pressure, choose support.

What will help me follow through?

- Time set aside
- Writing it down
- Asking for support
- Keeping it small
- Letting it be imperfect
- Other: _____



Closing Reflection

You are not behind.

You are moving forward-- one step at a time.

Progress is not measured by how much you do.

It's measured by your willingness to take the next step.

Your thoughts...
