NOW WHAT?

Five questions to help you discover what comes next

A reflection guide from Deanna Hodges

You do not need to have your next chapter figured out today. Start by making a little room for your own voice. Write what comes to mind without editing yourself.

1. What has changed?

What feels different about your life now? What are you grieving, welcoming, questioning, or ready to leave behind?

2. Who have I been for everyone else?

Think about the roles you have carried. Which still feel true to you, and which no longer fit?

3. What have I been putting off?

Is there a dream, decision, conversation, or small pleasure that keeps returning to your mind?

4. What would I choose if I gave myself permission?

Without worrying about what others expect, what would you want more of in the coming year?

5. What is one step I can take this week?

Choose one small, specific action. When will you do it, and how will you know you followed through?