



A little space. A next step.

Take five minutes. Keep this page for yourself. Original non-clinical reflection prompts; not therapy or an assessment.

01 What is taking my energy, and what part can I influence?

02 What matters most today, given the time and energy I have?

03 What is one useful action I can take in ten minutes?

ONE NEXT STEP

Write when and where you will take that action. You can revise the plan.