



## THE DIRECTION CARDS

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# A question to carry with you.

### IDENTITY

**What feels like my choice, and what feels inherited?**

Name one preference you want to honour this week.

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### VOICE

**What do I need to say clearly?**

Write one respectful sentence expressing a need or view.

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# A question to carry with you.

### CONSISTENCY

**What is small enough to repeat on an ordinary day?**

Choose a two-minute version of one useful practice.

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### CONNECTION

**What kind of support would help right now?**

Make one specific request or invitation.

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# A question to carry with you.

### CAREER

**What contribution do I want to make next?**

Find one example that shows a relevant strength.

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### MOMENTUM

**What is the next observable step?**

Name an action, a time and a place.

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