



When Health Changes the Plan

**PIVOTING TOWARD A LIFE
THAT STILL MATTERS**



A gentle reflection guide for
finding what still matters.



The Plan I Thought I Had



It's okay to name what you expected. It's okay that things look different now. Both can be true.

What did you expect this season of your life to look like?

What changed?



*Grief and gratitude can exist in the same story.
You can miss the plan and still find
purpose in the pivot.*



Grief Gets a Seat at the Table



It's okay to grieve what has changed. Grief isn't the opposite of hope. It's part of the journey toward a new and meaningful chapter.

Something I miss about my old life is...

Something I'm still angry, sad, or frustrated about is...

Something I wish people understood is...



What I'm Still Trying to Prove



Many women with chronic illness carry invisible pressure to keep proving themselves. Check the statements that feel familiar.

- ☐ I should be able to do what I used to do.
- ☐ I feel guilty when I can't be who other people need me to be.
- ☐ I measure a good day by how much I accomplish.
- ☐ I compare who I am now to who I used to be.
- ☐ I keep trying to make the old plan work.
- ☐ I feel like I need to explain or justify the changes I've made.
- ☐ I worry that changing direction means I failed.
- ☐ I struggle with feeling like I'm still enough.

What am I afraid it would mean about me if I stopped trying to prove I can still do it?



What Still Matters



If my life looks different from what I planned,
what do I still want it to be about?

People I love.

Things tht bring me life.

Ways I want to love others.

What matters to me.

**Where might God be inviting me to trust Him, grow, or
move toward something new?**

5

Redefining “Enough”

Old definition of a meaningful life.

- Productive
- busy
- useful
- accomplishing
- keeping up
- doing more

What meaningful could look like now.

- connected
- present
- faithful
- creative
- lovin
- purposeful
- enough

For this season, enough looks like...



6

My Next Tiny Pivot



Something God may be asking me to release:

Something that still matters that I want to carry forward:

My next faithful step:

You Don't Have to Know Where This Is Going

Maybe the plan changed in a way you never wanted.
Maybe you're still grieving what you thought your life would look like.

Maybe you're somewhere in the messy middle—no longer where you were, and not quite sure where you're going.
You don't have to have the whole new plan figured out.

God is not waiting for you at the end of the pivot. He is with you here.

In the grieving.
In the questioning.
In the trying.
In the changing.
In the becoming.

You can miss what was and still make room for what could be. You can be grateful for where you are and still grieve what you lost. You can change direction without calling the old direction a mistake. And you can take one faithful step without knowing where the next ten will lead.

Different doesn't mean bad.

And different doesn't mean God has left the story.
You're allowed to build from here.

April

