

Slow Down, Get Clear, Move Forward.



Let's get straight to it.

If you're here, there's a good chance this is true:

- ✓ Your life looks fine from the outside.
- ✓ You're competent, capable, and successful by most measures.

And yet...something feels off.

Not wrong enough to complain about. Not bad enough to walk away from.

Just... restless. Flat. Unsettled.

You might not even have words to describe it.

You just know you feel unfulfilled.

I'm glad you've decided to do something about it.

This guide will support you in creating room to observe your thoughts and feelings more closely. By understanding what's behind how you're feeling, you can plan your next step with something that works with what you really want.

Take a breather.

Get some paper and a pen.

Answer honestly. No one else will see this but you.

First, let's clear this up



Slowing down does *not* mean you lose your drive, give up on being productive, or become less successful. It's not because you are burned out or can't cope.

It's about creating space for clarity and confidence. When you intentionally slow your pace, you reconnect with what matters most and make better decisions.

You probably hold a lot; work, everyday life stuff, curve balls. Caught in a whirlwind of thoughts, meetings, endless to-dos? How are you supposed to think clearly about what is causing your restlessness let alone what to do about it. Slowing down is the first step.



Once you've got more space to think you can move onto the next step; Get clear. The questions in this section are designed to help you to understand where the source of your restlessness comes from, how it shows up and why doesn't it sit right. Once things are clearer you can move forward.



Moving forward can be tough. It can *feel* hard. It can *be* hard. You might not get the results you want straight away. But when you do it's so worth it. Or you could just stay put and feel the same way this time next month? Next year? No? Didn't think so. That's why you're here, right.

By taking what you have learned about yourself you can make a plan on what comes next. These don't have to be grand plans and big changes; small steps can have a big impact too.

I'm not going to give you any advice. This guide offers you structure to help you think. That thinking helps you to understand. That understanding will help you to know what needs to change in a way that feels right for you.

Ready?



Slow Down.

List it all

Write down **all** of the things that you have on your plate at the moment and all of the things that you use your time for.

Putting it out of your head and onto a page helps to see it all in one place: a whole picture.

Prioritise

Look at the page - what can you stop doing straight away?

Be honest. These are probably the things that don't really help you, and you may find yourself doing them simply out of habit, because you're trying to meet other people's expectations or if you have a fear of missing out. If you look here first, this is where you will find where you can gain most time back. You could note how much time you spend doing these things and you can then see the time that you can gain by stopping them.

Now, circle the most important things. These are your must-do's.

Link the restlessness

Is there anything on your page that is linked to your feeling of restlessness?

Is it a stop doing activity? Could stopping it help this feeling?

Is it a must-do? What is it about the must-do that keeps you feeling this way? Spend a bit more time thinking about this.



Get Clear

Understand the restlessness

When do I feel this most?

Does it feel like something is missing or something needs to change?

If this feeling had a message, what might it be trying to say?

Is this discomfort sharp, or dull and persistent?

Values versus achievement

Which parts of life are fuelled by who you are and what matters most to you?

Which parts of life work because you're good at them – but don't actually fulfil you anymore?

Energy and aliveness

What do I do that energises me?

When was the last time I felt 'in the zone' - not productive, but alive?

What drains me now, that didn't drain me before?

Identity beyond success

What qualities do I value in myself that have nothing to do with achievement?

What is my definition of success?

Knowing this definition, what might I now need to let go of?

Growth and constraints

In what ways have I outgrown my current situation (job, routine, role)?

Where am I still learning and where am I just repeating because I have mastered it?

What parts of you feel underused, muted, or ignored?

Desire versus expectation

What do you want *more* of but rarely let yourself say out loud?

Are you waiting for permission?

What do you want *less* of but just keep doing out of habit or obligation?

If no-one were disappointed or confused by your choices, what might you try?

Time and perspective

Does this restlessness feel like 'a season of life' or a sense of 'now or never'?

When you imagine yourself 5 years from now what do you hope she thanks you for?

What your insights might be telling you

If you've answered these questions honestly, you've likely uncovered your source(s) of restlessness.

Some questions might have prompted genuine moments of clarity about who you are or where you're headed.

Some might have started your thinking but now need to be explored further.

Overall, these insights aren't about right or wrong, they're simply information about what matters to you now, what you wish for, and what you might want to change.



Move forward

Firstly, let's get super clear.

Define what you are going to focus on and why

You can't do it all at the same time. So which part are you going to focus on first:

- * What is the aspect of restlessness that you want to change?
- * What is the current impact of this on you?
- * Why is this important to change?

Deeper understanding

What is really behind this restlessness?

Even if you think you've thought of all the reasons, what else do you think might be behind it? What about the things that you might not want to admit yet?

Steps already taken

What have you tried already?

How did that go?

What did you learn when you did this?

Do you think it addressed what is really behind the restlessness?

Anything keeping you stuck?

If you haven't taken any steps yet, why?

What is getting in your way?

Your plan

If you were to think about a **single small step** forward that would improve what you now understand about your feeling of restlessness, what might that be?

How soon could you try this?

What would help you to do this?

What might get in your way?

How would you know that this action had made the change that you desire?





An important note

Here's what I want you to hear clearly. Life is busy. At times, you may feel overfilled, but it's important to remember that you don't need to take on everything if it doesn't make you fulfilled. You have choice how to use your time and can intentionally say no to some things. Unless you want to stay the same; being busy and continuing to feel like this?

Of course, you will have responsibilities that you won't be able to stop and must-do's that aren't quite working as well as they should. These could be the next part of your plan; to make improvements, alongside the things you have already prioritised.

You might have identified the source of your restlessness and that makes you a bit scared to think about it anymore. Things that you think might not be able to be changed. Letting go can be hard. Saying no can be hard. Putting yourself first is also a challenge.

Don't ignore what you've identified until you're forced to change.

You don't have to take drastic action. You don't have to do it all. But you do have to do something. Unless you want to stay the same and continue to feel like this.

Planning change, when it feels crucial, is hard by yourself. Taking small, measured steps can be enough.



A next step

By using this guide, you will have found how you can ease up in the busyness of life, understand what matters most and started to write a prioritised plan to move forward.

I truly hope that this has helped.

You might have some remaining questions or ideas.

If you think talking to someone neutral about what's come up for you would help you can [book a free clarity call](#). This is a private and confidential space where we can have an honest conversation about what's been identified and what this means for you.

Whatever you choose, I'm glad you have taken this time to pause, think, and plan.

That matters.

Jennie



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