First Next-Step Check-In

Take five minutes. Choose one real-life situation, then leave with one manageable action. You can keep this page private.

1. What needs my attention?

Name one situation in money, work, housing, relationships, health, or everyday life.

_____

2. What is the missing piece?

One fact to find, decision to make, or conversation to begin.

_____

3. What can I begin in ten minutes?

Make the first action small enough to start. “List three moving costs” is clearer than “sort out moving.”

_____

4. When will I start?

Give your action a day and a time.

_____

My next step

I will _____

on _____ at _____.

When it is done, decide what comes next. You only need this first step today.