Make room for what keeps getting postponed.

You handle your responsibilities. You keep your commitments. Yet something you want keeps moving to another day.

Find your next step.

In about 10 minutes, name one familiar response, see how it appears in an ordinary moment, and choose one small action you can try.

You do not have to figure out your whole life. Begin with one thing that matters to you.

Write on these pages or use the notes app on your phone. Your answers are for you; there is nothing to submit.

What happens just before you put it off?

You can be dependable and still postpone a commitment to yourself. Before deciding what that says about you, look at one recent moment. What were you about to do? What came up? What happened next?

THE MOMENT

You finish what you need to do and consider spending ten minutes on your own idea.

THE FAMILIAR RESPONSE

"I should have more time before I start." You feel uneasy about beginning without a complete plan.

WHAT HAPPENS NEXT

You move your idea to the weekend. When the weekend fills up, you move it again.

The useful observation is specific: "When I think about beginning, I wait for a bigger opening in my schedule."

Carry this question: What happens just before I postpone something that matters to me?

Choose one real moment.

Think of something recent and manageable. A few honest words are enough. If you cannot remember, use this page the next time you notice yourself postponing a step.

What was I about to do?

What thought, feeling, or urge appeared?

What did I do next?

What does this help me notice?

Describe what happened as if you were taking notes. One moment does not define who you are.

Make the next step smaller.

You do not have to wait for a completely open schedule or a certain feeling. Ask: what is one part I could do in two minutes?

Instead of "I need a whole afternoon for my idea," try: "I will write the one question I want to explore."

When I notice this familiar response...

...the small action I will try is:

I will try it at this time or in this moment:

After you try it, ask:

What did I actually do? What got in the way? What would make the next attempt easier? If the step did not happen, use that information to make it smaller, clearer, or easier to fit into your day.

Give your own next step a place.

You named a moment, noticed a response, and chose something you can try. Return to the same question over the next few days. What repeats? What becomes easier to recognize?

"When I notice _____, my next step is _____."

The Next Step Method

An eight-week independent experience from Next Step Wellness

Continue with a weekly structure for noticing familiar patterns, recognizing your signals, making room for a different response, and practicing one intentional next step at a time.

Each weekly experience includes teaching, a central question, a real-life noticing practice, reflection prompts, and one intentional step. A 30-day continuation helps you keep using what you notice after the eight weeks.

Learn more: nextstepwellness.co@gmail.com