FIND YOUR NEXT STEP

You have done so much… what still feels missing?

You have worked. You have learned. You have done what you thought you were supposed to do. Yet the life you want still feels just beyond the life you are living.

Perhaps you keep thinking, “There has to be more than this.” Then you search for another answer, make another plan, or tell yourself you will begin when you feel ready.

What if your next useful question is closer to home… what keeps happening within you when you think about something you really want?

Begin with something you want.

In about ten minutes, you will name what feels missing, recognize one familiar thought, and choose a question worth exploring. You do not need an answer to everything to begin.

This is where my own questions began to change. Let me share a little of that journey with you…

Use these pages or a private notebook. Your answers are for you; there is nothing to submit.

A LITTLE OF MY JOURNEY

I followed the path… and still wanted more.

I went to school and earned a master’s degree because I thought that was what I was supposed to do. Keep learning. Do the work. Take the next step on the path in front of me. But even after that, I was still missing something.

The frustration built over time. I knew I wasn’t doing what I really wanted to do, and I kept trying to make something happen. I pushed myself to learn more and know more, hoping the next answer would finally bring the change I wanted… but it still wasn’t coming together.

It wasn’t because of a lack of trying. That was what made it so frustrating. I could see the effort I was making… and still feel the distance between where I was and where I wanted to be.

Learning about my nervous system opened a different set of questions. I began looking at my thoughts, my familiar responses, and the internal work I had been overlooking. I had heard that we can get in our own way… and I began to recognize myself in those words.

That curiosity led me deeper into how my thoughts shaped my choices. It became part of the foundation of Next Step Wellness.

Maybe your path looks different. Have you also been trying… while wondering why something still feels missing?

BRING IT BACK TO YOU

What keeps asking for your attention?

Think about something you want for yourself that keeps returning to your thoughts. A different direction. Something of your own. More room to be the person you want to become.

Choose one part of your life. Write what is true for you today… even if you have never said it out loud.

I have done what I thought I was supposed to do by…

What I still want for myself is…

What feels missing is…

Look at your words. Which sentence feels closest to what you have been trying to understand?

ONE MOMENT OF RECOGNITION

What do you tell yourself when you consider it?

Bring to mind one ordinary moment when you considered something you wanted. What did you tell yourself before you began… or before you decided it could wait?

Perhaps it was “I need to know more,” “I should have everything figured out,” or “What if this doesn’t work?” These are examples. Your own words may be different.

When I think about what I want, I often tell myself…

When that thought appears, I usually…

My next question is…

If you need a starting point, try: “What am I waiting to feel certain about?” or “What do I want to understand about this response?”

You now have something specific to explore. Keep your question where you can return to it… your next step can begin with noticing when it appears again.

YOUR NEXT CHAPTER

Make room for the life you keep thinking about.

You have named something you want and a familiar thought that appears around it. Imagine learning to recognize that moment… then having a response you have practiced.

The Next Step Method

Eight weeks + a 30-day continuation
$497 • one-time payment

Follow one meaningful change through eight weekly experiences. Through everyday scenes, pieces of my journey, worked examples, and practical exercises, you will explore what happens before you pull back and try a different response.

Notice the familiar thoughts and body cues that show up when change gets close. Explore what you believe about yourself, then build a personal Notice–Choose–Repeat card to use through the 30-day continuation.

Let me show you what worked for me… and help you explore your own next step.

Explore The Next Step Method →

Prefer a small starting point first?

What Happens Within You? • $9
A brief nervous system introduction and one guided check-in to explore the connection between your body and your experience. It is optional; you can begin the course directly.

With gratitude,
Tina
Next Step Wellness

Questions? nextstepwellness.co@gmail.com

Go at your own pace. This guide is for general education. It does not replace professional care.