

What's Your Next Damn Step?



5 Questions to Help You Find Your Way Forward



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A MOMENT FOR YOURSELF

Before We Begin...

You've probably got something on your mind. Something you want to change, try, create, or finally do.

Maybe you know exactly what it is. Maybe you just know something needs to shift.

Either way, you don't need to have it all figured out.

These five questions are here to help you get curious, get honest with yourself, and figure out what comes next.

Grab a pen. Give yourself permission to tell the truth.

Let's find your next damn step.

REFLECTION 01

What the heck do you want?

Not what you're supposed to want. Not what would make everyone else happy. What do YOU want?

What do you want to feel, experience, create, or change?

Give yourself permission to say it, even if you have absolutely no idea how to make it happen.

YOUR THOUGHTS

REFLECTION 02

Why do you think you can't have it?

What's standing between you and what you want? Sometimes it's a real obstacle. Sometimes it's fear of all the dominoes that might fall if you make a change.

Which obstacles are real, and which ones are stories you are telling yourself about what might happen?

YOUR THOUGHTS

REFLECTION 03

What if that didn't get to make the decision?

What if your fears and doubts did not get the final vote?

When I finished writing my book, *The Space Between*, I sat on that manuscript for a long time because I was afraid of what people might think of it. What if they didn't like my work? What if they thought it was lame or laughable?

Eventually, I realized something: I wanted to publish it for me. And not doing it was going to feel worse than doing it.

If fear was not making the decision, what would you choose?

YOUR THOUGHTS

REFLECTION 04

What's your next damn step?

Not the entire plan. Not the finish line. Just the next step.

Maybe it is a conversation, some research, saving money, or finally making that appointment.

You don't have to make the whole damn thing happen today. You just have to do the next damn thing that makes it possible.

MY NEXT DAMN STEP IS

I'LL TAKE IT BY

REFLECTION 05

What will you do with what you learn?

Here's something worth remembering: Taking the next step doesn't guarantee the outcome you imagined.

Sometimes things work out beautifully. Sometimes they don't. And sometimes you discover that what you thought you wanted isn't actually what you want anymore.

That's not necessarily failure. That's information.

You get to learn, adjust, and choose again. You can always change your mind. You're not locked in.

WHAT WILL I REMIND MYSELF IF THINGS DO NOT GO AS PLANNED?

Just Take the Next Damn Step

You don't need to know how the whole story unfolds. You just need to be willing to participate in writing it.

Sometimes the best thing you can do is take the next damn step.

If you'd like to explore your own journey through change, check out my book, *The Space Between*, and its Companion Guided Journal.

[Check it out here](#)

A LITTLE ABOUT ME

& This Magical Space

Hi, I'm Jeana!

I'm an author, mentor, energy healer, and endlessly curious student of this wild, beautiful human experience.

After spending three decades building businesses, leading teams, and mentoring others, I began a new chapter of my own. One that brought me deeper into healing, spirituality, self-discovery, and the magic of becoming more fully myself.

Journeys with Jeana is where I share what I've learned, what I'm still figuring out, and the tools and experiences that have helped me along the way.

Around here, we explore the messy and magical parts of being human. We question old stories, reconnect with our intuition, reclaim our power, and remember that we're allowed to change our minds, our direction, and even our dreams.

I'm not here to tell you who to become. I'm here to help you remember who you are.



Come Into My World

Read and reflect

Explore my book, *The Space Between*, and its Companion Guided Journal.

Explore the magic

Discover crystals, energy healing, sound journeys, and intuitive guidance.

Connect and grow

Explore opportunities for personal guidance, transformational conversations, and shared experiences.

Follow the journey

Join me for stories, reflections, and Thought Journeys with Jeana.

[Find me at \[journeyswithjeana.com\]\(http://journeyswithjeana.com\)](http://journeyswithjeana.com)

You don't need to have everything figured out to begin. Sometimes the best thing you can do is take the next damn step.

With Love & Magic,
Jeana