



Living Forward *Circle*

GOOD CONVERSATIONS BRIGHTER TOMORROWS

REFLECTION GUIDE

5 Questions to Help You Discover What's Next

A SMALL STEP TODAY CAN LEAD TO A BRIGHTER TOMORROW

*Different
Places
Same Journey
Stronger Together*
♡



GRATITUDE
Notice What
Matters



**INTUITIVE
INTENTION**
Listen Within



**FAMILY &
FRIENDS**
Nurture
What Counts



**TREASURED
WISDOM**
Honor
Your Journey



**SELF-LOVE
& CARE**
Choose
What Supports You



Your next chapter doesn't have to be figured out **all at once**.
Sometimes the first step is simply giving yourself permission
to stop, listen, and ask a different question.

A PLACE TO REFLECT | A PLACE TO SHARE | A PLACE TO BE HEARD | A PLACE TO GROW

It's never too late to live forward.

A Note Before You Begin

There are seasons in life when we get so busy taking care of everyone and everything around us that we forget to stop and ask ourselves a simple question:

What do I want now?

Not what does everyone else need from me.

Not what am I supposed to do.

Not what did I plan years ago.

What matters to me now?

Your next chapter doesn't have to be completely figured out. In fact, it probably won't be.

Sometimes moving forward begins with something much smaller. A moment of gratitude. A quiet thought. A conversation with someone who knows you. A memory that reminds you of who you've always been. Or simply giving yourself permission to listen to your own voice.

This guide offers five questions to help you do just that.

There are no right or wrong answers. You don't have to make anything happen. Just give yourself a little time, find a comfortable place, and see what comes up.

You may be surprised by what you already know.

Gratitude

What is good in my life right now?

We often think about gratitude as being thankful for the big things. But sometimes the things that sustain us are much smaller.

A person who makes you laugh. A morning cup of coffee. A beautiful sunset. A friendship. A lesson you learned the hard way. A strength you didn't know you had.

Take a moment to notice what is already here.

What are three things I am genuinely grateful for in this chapter of my life?

Go a little deeper: What does one of these things mean to me?

Intuitive Intention

What is my inner voice telling me?

There is a difference between knowing what we *should* do and sensing what we *want* to do.

Sometimes your inner voice is quiet. It may show up as a feeling, a curiosity, an idea you keep returning to, or even a gentle sense that something in your life is ready to change.

You don't have to act on it today. Just listen.

If I became quiet enough to really listen to myself, what might I be wanting more of in my life right now?

What is one small intention I could set for this next chapter?

Family & Friends

Who helps me feel most like myself?

Our relationships shape so much of our lives. Some people know our history. Some know who we are today. And some remind us of who we can become.

This is a chance to think about the people who matter to you, and the connections you want to nurture in this chapter.

Who are the people I feel most connected to, and what do I value about those relationships?

Is there someone I'd like to reconnect with, thank, encourage, or simply spend more time with?

One small step: What could I do to nurture one meaningful relationship this week?

Treasured Wisdom

What have I learned that is worth carrying forward?

You have lived a life. You've experienced beginnings and endings. You've made mistakes. You've overcome things. You've loved. You've lost. You've learned.

Some of your greatest wisdom may be hiding inside experiences you rarely think about anymore.

What is one life lesson I have learned that I wish I had known earlier?

How has that lesson changed the woman I am today?

Who might benefit from the wisdom I've gained?

Self-Love & Care

What do I need from myself now?

For many women, caring for ourselves comes last. We take care of our families. Our homes. Our work. Our responsibilities. And somewhere along the way, we may forget that **we are someone worth taking care of, too.**

Self-care isn't selfish. It is a way of acknowledging that your life matters.

What do I need more of in my life right now?

■ Rest ■ Fun ■ Connection ■ Creativity ■ Adventure

■ Quiet ■ Movement ■ Time for myself ■ Something else: _____

If I treated myself with the same kindness I offer someone I love, what might I do differently?

One small promise to myself: This week, I will give myself permission to...

Your Next Chapter

Take a moment to look back at what you wrote.

You may notice a theme. Maybe you want more connection. Maybe you're ready for something new. Maybe you realize that you've been putting yourself last for too long. Maybe you don't know what's next yet.

That's okay.

You don't need a five-year plan. You don't need to reinvent your life. You simply need to pay attention to what is calling you now.

What I want more of:

What I want less of:

What I want to remember:

What I am ready to explore:

One step I am willing to take:

You Don't Have to Figure It Out Alone

Sometimes the most powerful thing we can do is have a good conversation.

A conversation where we aren't interrupted.

Where we don't have to fix anything.

Where we can tell our stories.

Listen to someone else's story.

Laugh.

Reflect.

Remember.

And simply be witnessed.

That's the heart of the Living Forward Circle.

A place to reflect.

A place to share.

A place to be heard.

A place to connect.

A place to discover what's next.

Good Conversations. Brighter Tomorrows.

It's never too late to live forward.

Your Living Forward Circle Facilitator: _____

Contact: _____