

so what's next?

Journal prompts to help you figure out your next steps.

Honoring what did & did not work In Q1

- Make a list of every single goal (big or small) that you accomplished in the first quarter.
- What did you do to make that happen? (Routines, rituals, etc.)
- What were some of your setbacks?
- How did you overcome them?
- Is there a new approach you'd like to try this time around? (i.e creating a vision board, or hiring help)

Questions for your soul

- How did you show up for yourself?
- Where did you play small?
- What's been inspiring you lately?
- What do you need more of in your life? (more rest, beauty, stillness, adventure, money, etc.)
- Have you made any space for fun? If so what did you do? How can you invite more fun into your life now?
- How can you be more intentional about self-care?
- What brings you joy?
- What gives you energy?
- What drains you?
- Where do you need to be more boundaries?
- What would you do in Q2 if you were brave?

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What now?

Now that you've had a chance to review last quarter and figure out how you want to show up, feel + what's most important to you. I want you to think about 1-3 projects that align with those values that you can focus on for the next 90 days. Feel free to brainstorm below.