FREE PLANNER

Your Next *Right Step*

A simple 30-day reset planner for starting over, at any age and in any season. You don't need a perfect plan. You need a clear direction and one step at a time.

Where I am today

In one sentence, what season am I in?

What do I want to feel 30 days from now?

My focus areas

Choose up to three areas to focus on this month.

FOCUS AREA	WHY IT MATTERS TO ME	ONE SMALL ACTION

What I am leaving behind

Old habits, beliefs, or timelines that no longer serve me:

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My 4-week roadmap

WEEK	MY NEXT RIGHT STEPS	WINS & REFLECTIONS
Week 1		
Week 2		
Week 3		
Week 4		

Daily check-in

Take one minute each day to ask yourself:

- [ ] What is one thing I'm grateful for today?
- [ ] What is my one next right step today?
- [ ] How did I show up for myself today?

Day 30 reflection

What changed in me this month?

What will I carry into the next 30 days?

> *"You are not too late. You are not behind. You might be stepping into the most powerful season of your life."*

This resource is for personal reflection and growth. It is not a substitute for counseling, therapy, or medical care. If you are in crisis, please reach out to a licensed professional or call or text 988 (U.S.).

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