



10 Questions for Your Fresh Start

Sit with these before your next big move.

1. What am I relieved to leave behind?

Not what you should feel. What you actually feel.

2. What has this season taught me that I couldn't have learned any other way?

Look for the unexpected gifts, even in painful chapters.

3. What does 'enough' look like for me — financially, emotionally, practically?

Not what others expect. What would genuinely feel like enough to you.

4. What have I been putting off that I can finally do now?

There may be more freedom here than you have allowed yourself to see.

5. Who do I want around me in this next chapter?

This is a good time to be intentional about your people.

6. What kind of work — paid or unpaid — makes me feel most alive?

Think broadly. Caregiving, creating, solving, organizing, connecting all count.

7. What would I do if I knew I couldn't fail?

The classic question, but still worth sitting with honestly.





Lynn Calloway



PRACTICAL GUIDES FOR REAL LIFE TRANSITIONS.



NEW DAY.
NEW FOCUS.
NEW POSSIBILITIES.

8. What does my body need right now that I have been ignoring?

Rest, movement, medical attention, solitude, or simply slower mornings.

9. What am I most afraid of — and is that fear based on fact or assumption?

Write the fear down. Then write the actual evidence for and against it.

10. One year from today, what do I most want to be able to say about this time?

Let that answer guide your next step.

There are no right answers here. Only honest ones.

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