

LET YOURSELF BEGIN

A 21-Day Reflective Journal



Matt McCormick

Day 1 - Noticing Your Starting Point

Thanks for choosing Let Yourself Begin.

You've taken a step that's easy to skip past - giving yourself permission to start from where you actually are. Not where you think you should be. Not from any expectation that you've already worked the whole thing out.

Goals can change, and so can the paths we take toward them. When the idea of doing something different begins to surface, it's easy to feel you should already know exactly what that is.

But sometimes all we're starting with is a notion, a curiosity, or the sense that something wants a bit more attention. And sometimes it's simply recognising that things are okay as they are - rather than assuming that reaching a certain age means you must step into the next big adventure.

This journal isn't asking you to push, perform, or prove anything. It's an invitation to understand your real starting point, and begin from there.

Over the next 21 days, gentle prompts designed to help you get a bit clearer about what you want, and a bit more willing to move toward it. Each day offers a short reflection, followed by space to note anything that feels worth keeping. (And if it takes longer than 21 days, it takes longer than 21 days.)

Today is about noticing your starting point - a snapshot of where you are now. There's no scoring system to get right. Just give yourself a number that feels close enough, and jot down anything that stands out.

When you're ready, turn the page and explore the six areas that will help you understand where you are starting from.



Day 1 - Reflection Snapshot



Clarity

How clear do I feel about what I want to begin or move towards?

Score: _____

Notes:

Energy

What's my current energy level for taking a first step, however small?

Score: _____

Notes:

Confidence

How confident do I feel about starting out?

Score: _____

Notes:

Day 1 - Reflection Snapshot

Openness

How open do you feel exploring this without the need for perfection?

Score:

Notes:

Focus

How focused do I feel on what matters to me?

Score:

Notes:

Desire

Even if I'm unsure of the details, how much do I feel I want change?

Score:

Notes:



Day 2 - What's Calling Your Attention?

Yesterday you took a simple snapshot of where you are as you begin. Today we're exploring something that often gets overlooked when we think about starting something new: the quiet pull.

Most new beginnings don't arrive with a fanfare. They tend to show up as small sparks, repeated thoughts, gentle nudges, or ideas that keep circling back, no matter how often you set them aside.

You don't need to know whether your idea is "right," "big enough," or "worth it." You're simply noticing what's already asking for a little attention.

Today's Prompt: What's calling my attention right now?

Think of this as a gentle scan rather than a decision.

It might be:

- a habit you've been meaning to start
- a creative idea you keep returning to
- a small change you'd like to make
- something you've been putting off
- a feeling that something needs space to breathe
- or a direction that doesn't quite have words yet

You're not choosing anything today. You're not committing. Just noticing what keeps tapping you on the shoulder. If more than one thing comes up, jot them all down.

A few gentle prompts if you need them

- What do I keep thinking about when things go quiet?
- What have I pushed aside even though it keeps coming back?
- What feels meaningful or interesting, even in a small way?
- What idea or direction gives me a small lift when I think about it?

No pressure. Just awareness.

Day 3 - What Do I Already Know?

Over the past two days, you've taken a starting snapshot and begun noticing what's been quietly calling your attention. Today we're building on that by exploring something we often overlook: what you already know.

We tend to assume clarity arrives in big moments or well - planned sessions. But more often, we already know more than we think - it's just that the early knowledge feels too small or too quiet to take seriously.

Today is a chance to trust that quiet knowing.

Today's Prompt: What do I already know about this?

All you're looking for here is a sense of what's already in your awareness.

It might be:

- a direction that feels right
- a step you've been considering
- a hesitation you've already noticed
- something you've tried before
- a part of you that feels steady or sure
- a small notion you keep returning to

You're not looking for perfect clarity.

You're recognising what's already here.

A few ways to explore this

- If I'm honest, what feels obvious but I keep brushing aside?
- What do I know about myself that would help here?
- What's the simplest truth I'm aware of, even if I'm not acting on it yet?
- If someone else described this, what would I notice straight away?

No conclusions needed - just honesty.

[illegible]

Day 4 - The Smallest Honest Step

Over the last few days, you've noticed where you are, what's calling your attention, and what you already know. Today we're keeping the rhythm relaxed, but beginning to move in a clearer direction.

Not action for the sake of progress. Just the smallest honest step. The one that feels real, rather than impressive.

Most people get stuck because they imagine the first step has to be big or committed. In reality, the steps that move us forward are usually tiny, simple, and quietly truthful.

Today's Prompt: What's the smallest honest step I could take?

Think in terms of ease rather than ambition.

Your smallest step might be:

- saving a note in your phone
- clearing five minutes of space
- looking something up
- sketching a rough idea
- asking yourself a question
- making one small shift in your routine
- or simply acknowledging what feels possible

The key word is honest - not the step you think you "should" take, but the one that's true for today.

Ways to explore this

- If I removed all pressure, what would the next tiny move be?
- What's the step that doesn't scare me, but still nudges me forward?
- What's one small thing I could do that would make tomorrow clearer?
- If this were easy, what would I do first?

A small step is still a step. Often it's the only way anything begins.

[illegible][illegible]

Day 5 - Naming the Real Reason

By now you've noticed what's been calling for your attention, what you already know, and the smallest honest step you could take. Today, we're going a little deeper - not in a heavy way, but in a way that helps you understand what really sits underneath this.

Most new beginnings have a quiet reason behind them. It's rarely the one we say out loud. It's often the softer, more personal reason that actually makes this feel meaningful.

When you understand that reason, even in a small way, the whole path becomes clearer.

Today's Prompt: Why does this matter to me?
(What's the real reason beneath the surface?)

Take your time with this. You're not searching for a profound purpose or a grand "why." You're noticing the feeling or intention underneath the idea.

It might be:

- wanting more space for yourself
- a sense of wanting to grow
- curiosity
- a need for change or something to look forward to
- a desire to feel more like yourself
- or simply the feeling that something in your life wants attention

There's no right answer. Just an honest one.

A few ways to explore this

- What's the feeling behind this idea?
- What part of me lights up when I think about this?
- If I stripped away all expectations, why would I want this for myself?
- What does this represent - freedom, confidence, calm, creativity, connection?

Let the answer be simple. It's often quieter than we expect.

[illegible]

Day 6 - What Would Future You Thank You For?

Yesterday you explored the real reason this matters - the quieter truth underneath whatever you want to begin. Today, we're looking a little ahead. Not far. Not ten years into the future. Just far enough that you can imagine the version of you who's glad you took a small step.

This isn't about picturing a perfect life or a fully finished goal. It's simply asking:

If I started something small now, what would future-me appreciate?

There's something grounding about that. It turns vague ideas into something more human.

Today's Prompt: What would future me thank me for?

Think in terms of kindness, relief, ease, or steadiness rather than achievement.

It might be:

- finally giving something a bit of attention
- creating time for yourself
- taking pressure off
- starting something that brings you enjoyment
- breaking a pattern
- doing something that supports your wellbeing
- following a small curiosity

The gratitude doesn't have to be big. It might be something as simple as: "Thanks for giving me permission to try."

A few ways to explore this

- What would feel lighter for future-me if I took a tiny step now?
- What habit or idea might make my life gently better down the line?
- What would I be relieved to have started?
- What would I be proud of myself for, even in a quiet way?

Let this be soft and low-pressure. You're just imagining a future version of you who feels a little more supported because of something you did today.

[illegible]

Day 7 - Clear One Tiny Block

Over the past few days, you've looked at why this matters to you and the small things future-you might appreciate. Today we're shifting gently towards something that often makes starting feel easier: clearing one tiny bit of friction.

Every new beginning has small snags. They're not dramatic - just little things that catch your attention or tug at your focus.

You're not fixing anything big today. You're simply lightening the path so that whatever comes next feels a little smoother.

Today's Prompt: What tiny thing could I clear, ease, or soften today?

Think small and manageable.

It might be:

- writing down a looping thought so it's not crowding your mind
- replying to a message you've been putting off
- closing a couple of open tabs
- moving something distracting out of sight
- acknowledging a small hesitation instead of pushing it down
- updating one note, list, or reminder that's been nagging you
- deciding not to deal with something today and taking it off your mental plate

These are the tiny things that quietly drain energy.

Clearing just one of them can make everything feel a bit lighter.

A few ways to explore this

- What small thing could I ease today that's been sitting at the back of my mind?
- What's been tugging at my attention?
- What simple action would make this feel smoother?
- Is there something minor I can release or resolve just for today?

Just one pebble off the path.



[illegible]

Day 8 - Make a Bit of Space for the New

Today we're shifting into something slightly different:
creating some space for whatever you'd like to begin.

This isn't about reorganising your life or decluttering everything.
It's giving your idea, habit, or direction a little room to breathe. Even a small space changes how the next thing feels.

Today's Prompt: Where can I make a bit of space for something new?

You can interpret "space" in whatever way feels right today.

Physical space:

- clearing a corner of a desk
- making a small area to jot notes
- tidying one tiny spot
- putting away something visually noisy
- removing one item that's been in the way

Mental space:

- choosing one thought to focus on
- deleting an old reminder that no longer applies
- taking a brief pause before jumping into something
- giving yourself permission to hold only one idea at a time

Emotional space:

- stepping back from a drain on your energy
- allowing yourself a few quiet minutes
- saying no to something small
- letting yourself stop

A few ways to explore this

- What small shift would give me a bit more room?
- Is there anything I could set aside today to feel a touch lighter?
- Where do I feel crowded - physically, mentally, or emotionally?
- What small space could I open up to welcome something new?

Think of it as clearing enough space so something new might settle.



[illegible]

Day 9 - What Momentum Can I Feel?

Now that you've cleared a bit of friction and created a little space, today we're shifting to something quieter but important: noticing any small sense of movement.

Momentum doesn't need to look like action. It doesn't need to be visible or measurable. Often, early momentum shows up as a feeling - a tiny shift, a new thought, a little spark of interest that wasn't there before.

It might be tiny, almost imperceptible, but it still counts.

Today is about noticing whether something in you feels even slightly different from where you began.

Today's Prompt: What momentum can I feel today?

Think in terms of a shift rather than outward steps.

It might be:

- feeling a touch more curious
- feeling less resistance
- noticing a spark of energy
- realising something feels closer or more possible
- a quiet sense of "maybe I could..."
- a shift in mood when you think about this
- a thought that returns more gently than before

You're noticing the direction you feel yourself leaning.

A few ways to explore this

- Where do I feel even the smallest shift in how I see this?
- Do I feel drawn toward this idea more than I did at the start?
- Has anything become softer, clearer, or more open?
- Does this feel more possible today than it did before?

Momentum here is a feeling, not a result.

[illegible]

Day 10 - What Is My Energy Telling Me Today?

Yesterday you noticed any subtle sense of momentum - not action, just a quiet shift. Today we're tuning in to something even simpler: **your energy as it is right now.**

Your energy isn't a judgement or a measure of motivation. It's just information - a signal about what feels possible, comfortable, or realistic today.

Listening to that signal helps you take steps that fit your life as it is, not as you wish it was.

Today's Prompt: What is my energy telling me today?

Notice how your energy feels and what it gently invites.

It might be:

- steady and grounded
- low and needing gentleness
- bright and curious
- scattered
- slow but open
- quietly motivated
- unsure or foggy
- or somewhere in between

Your energy can guide the pace, the tone, and the kind of step that feels right - or whether today is simply a day for noticing.

A few ways to explore this

- Does my energy want something small, something slow, or something simple?
- Is there a pace that feels natural today?
- What would be the kindest interpretation of my energy right now?
- If my energy could choose one thing for me today, what would it be?

No decisions required - just awareness.

[illegible]

Day 11 - How Could This Feel a Little Easier?

Today builds on the last few days by asking a simple but often overlooked question:

What would make this feel a little easier?

Not easier in terms of doing more or moving faster. Easier in the sense of how you hold this - lowering pressure, softening the edges, or choosing a gentler approach.

Ease doesn't always come from clearing obstacles. Often it comes from the way we treat ourselves as we take even the smallest step.

Today's Prompt: What's one way I could make this feel easier for myself?

Think in terms of comfort, tone, or approach - not fixing or reorganising anything.

It might be:

- working in shorter bursts
- reminding yourself this doesn't need to be perfect
- choosing the simplest version of something
- giving yourself permission to slow down without guilt
- using a softer voice towards yourself
- picking a time of day that feels more natural
- creating a ritual that makes starting calmer

You're not removing blocks (that was Day 7). You're not making space (that was Day 8). You're making adjustments so the whole thing feels more manageable.

A few ways to explore this

- Where am I making this harder than it needs to be?
- What would be the gentlest way to approach this today?
- What small adjustment would take a bit of pressure off?

Often the easier route isn't a different path. It's a kinder grip on the same one.

[illegible]

Day 12 - If No One Judged Me, What Would Feel Possible?

Yesterday you explored one way to make this process feel easier - not by removing obstacles, but by softening the way you approach it. Today we're opening another kind of ease: the freedom that comes from stepping out of other people's opinions.

Most of us carry subtle expectations from the people around us - family, friends, colleagues, culture, even old voices from years ago. "Not for the likes of us".

Sometimes they're loud. Sometimes they're barely noticeable. But often, they shape how we begin... or whether we begin at all.

This isn't about ignoring people or pushing back. It's an invitation to imagine what might open up if you weren't weighed down by how things look to others.

Today's Prompt: If no one judged me, what would feel possible?

Think in terms of freedom, permission, and curiosity.

It might be:

- starting something small without feeling self-conscious
- trying something simply because you enjoy it
- taking a slower path
- exploring an idea that feels personal
- choosing something that doesn't need to impress anyone
- being a beginner without apology or explanation
- following an interest that only matters to you

This isn't about hiding or performing. It's about noticing what feels different when you're not carrying someone else's weight.

A few ways to explore this

- What would I allow myself to try if no one had an opinion about it?
- What feels lighter when I imagine removing other people's expectations?
- Is there something I'd start if I didn't feel observed?
- Where do I feel a bit more free when I picture this privately?

Notice what you could do if that voice went quiet.

[illegible]

Day 13 - What Support Would Actually Help?

Today we're looking at support - noticing what would help you feel steadier as you take your next small steps.

Support can come from many places: people, habits, your environment, your inner voice, or small structures that help you stay connected to what matters.

This isn't about dependency. It's about recognising what helps you feel grounded, or encouraged.

Today's Prompt: What support would help me feel steadier as I begin?

Think broadly. Support can be practical, emotional, internal, or external.

Internal support:

- speaking to yourself with more kindness
- giving yourself time to figure things out
- reminding yourself that slow is allowed
- noticing what helps you stay calm or focused

External support:

- a friend who listens without fixing
- a space where you can explore ideas
- a routine or ritual that anchors you
- a reminder somewhere visible
- choosing an environment that helps you think clearly

You're noticing what makes you feel that little bit more supported.

A few ways to explore this

- What do I need around me to feel steady right now?
- Who offers the kind of support that feels gentle and encouraging?
- What could I put in place that makes this feel less lonely?
- What internal support do I want to offer myself?

Let this be honest rather than ambitious.

[illegible]

Day 14 - Why This Matters in My Life

You have been exploring what's calling your attention, what you already know, and the ways you can make this journey feel steadier and more supported. Today we're taking a step back - not to make things bigger, but to see the slightly wider picture.

Most ideas, habits, or changes don't exist in isolation. They touch something in your life - your wellbeing, your identity, your routines, your relationships, your sense of direction, or the season you're in.

This prompt isn't asking for a grand purpose or a life-changing declaration. It's an invitation to notice how this idea connects to the rest of your life.

Understanding that connection can bring meaning.

Today's Prompt: Why does this matter in my life right now?

Think in terms of what this naturally connects to.

It might be:

- wanting more balance in your days
- needing something that feels like your own
- a sense of wanting to grow or stretch
- the need for a fresh start after a difficult patch
- a shift in priorities
- the feeling that a new chapter is forming
- wanting something that adds energy, interest, or meaning

The connection doesn't need to be dramatic - just honest.

A few ways to explore this

- What part of my life does this gently link to?
- What would change, even slightly, if I gave this a bit more room?
- Why does this feel relevant at this particular moment?
- How might this fit the life I actually want?

Notice the wider story this sits within.



[illegible]

Day 15 - What Am I Learning About Myself?

You've spent the last couple of weeks noticing what matters, easing the way forward, creating space, and exploring the deeper reasons behind what you want to begin. Today we're turning the focus inward in a different way - not towards action, but towards self-awareness.

When you move gently through a process like this, you often learn things about yourself without trying. Subtle things. Patterns in what feels good, what feels heavy, what draws you in, and even what pushes you away. You start to notice how you respond when there's no pressure.

Today is a moment to acknowledge that learning. It doesn't need to be deep or profound. Just honest.

Today's Prompt: What am I learning about myself as I move through this?

You might notice:

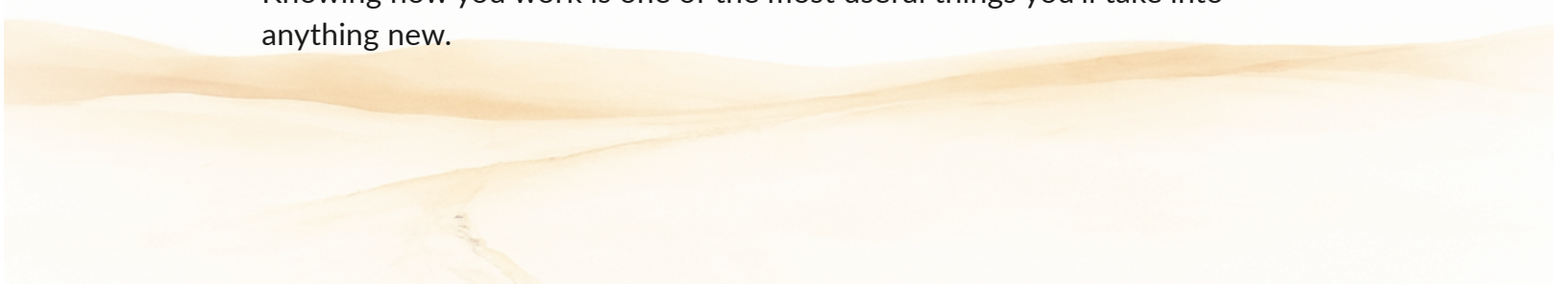
- what helps you begin
- what slows you down
- the kind of pace that suits you
- how you respond to being a beginner
- what sparks your interest
- what drains your energy
- the feelings that come up when you think about starting
- that you're more ready - or more cautious - than you realised
- or that something new is taking shape

This is about recognition, not evaluation.

A few ways to explore this

- What have the last two weeks shown me about how I work?
- What patterns am I noticing - helpful or unhelpful?
- What parts of me feel more present?
- What's surprised me about myself?
- What feels true for me that I hadn't clearly seen before?

Knowing how you work is one of the most useful things you'll take into anything new.



[illegible]

Day 16 - A Reset for the Final Stretch

You're moving into the final stretch of this 21-day journey. You've explored what matters, what's shifting, what supports you, and what you're learning about yourself along the way. Today is a pause - not to change direction or start again, but to reset in the most natural sense of the word.

A reset can be as simple as asking:

Where am I now, and what would feel good to carry with me into the days ahead?

It's a moment to steady yourself, to re-centre, and to let this continue in a way that feels right for who you are today.

Today's Prompt: What would a reset look like for me today?

Think of this as returning to yourself - not beginning again.

It might be:

- reminding yourself why this matters
- adjusting the pace you're moving at
- reconnecting with the intention beneath all of this
- choosing to go slower
- noticing one thing that needs your attention now
- loosening anything that feels tight or pressured
- settling back into the process

A reset doesn't erase anything. It helps you keep going.

A few ways to explore this

- What do I want to bring with me into the next part of this journey?
- Is there something I want to soften, rather than remove?
- Where do I want to place my attention now?
- How can I return to myself today?
- What pace feels right for the coming days?

You're not starting over. You're carrying on from here.

[illegible]

Day 17 - Where's the Fun in This?

Yesterday gave you a chance to settle, reset, and re-centre yourself. Today we're shifting into something lighter - not to gloss over anything important, but to remind you that beginning something new can carry enjoyment, curiosity, or spark.

Fun doesn't need to be excitement or big smiles. Sometimes it's simply:

- a playful moment
- a lift in mood
- a spark of curiosity
- a gentle sense of satisfaction

Bringing in a bit of fun can make the whole experience feel more alive - and easier to keep going.

Today's Prompt: Where's the fun, lightness, or spark in this for me?

Think broadly. Fun can be subtle, maybe even private - unnoticed by others.

It might be:

- enjoying the feeling of exploring something new
- liking the idea of being a beginner
- taking pleasure in a small ritual
- feeling a spark of creativity
- appreciating a possible outcome
- feeling quiet pride in showing up
- enjoying having something that's yours

Sometimes it's just "this feels good."

A few ways to explore this

- What part of this brings me a small lift?
- Where do I feel even a hint of enjoyment?
- What feels playful, interesting, or pleasantly different?
- What would make this feel just a little more fun?
- What am I quietly enjoying that I haven't acknowledged?

Fun doesn't have to be earned - it's allowed.

[illegible]

Day 18 - One Win to Carry Forward

Yesterday you explored the lighter side of this journey - the sparks of enjoyment or curiosity that make beginning feel more alive.

Today, we're looking back. Not to measure anything, but to recognise the wins: something you've done, noticed, or realised that things are taking shape.

Wins sometimes don't seem that dramatic. They can be quiet, subtle, sometimes almost invisible - but they matter.

Today's Prompt: What's one win from the past 18 days that I want to carry forward?

It might be:

- showing up to reflect, even when you weren't sure what to write
- noticing something about yourself
- clearing something causing friction
- creating space
- feeling more grounded
- recognising what matters
- acknowledging a shift in energy
- letting yourself go slowly
- feeling curiosity again
- being kinder to yourself
- recognising the real reason underneath

A win is anything that helps things feel clearer, lighter, or possible.

A few ways to explore this

- What have I already done that feels meaningful?
- What success have I overlooked?
- What am I glad I noticed or acknowledged?
- What do I want to bring into the next few days?
- What tells me I'm not where I started?

Carry your win forward as the foundation for what's next.

[illegible]

Day 19 - What Could I Let Go Of?

You have now looked at recognising wins - something that's already shifted and that you can carry forward. Today we're looking in a different direction: what might you be able to set down?

Letting go isn't dramatic. Most of the time it's a shift - less pressure, fewer expectations, setting down something that's been weighing on you.

You're not being asked to let go of anything big. Just to notice whether you're carrying something you don't need for the last few days of this journey.

Today's Prompt: What could I let go of right now?

Think in terms of emotional or mental weight.

It might be:

- an expectation of how quickly you "should" be moving
- the idea that you need it all figured out
- pressure to make the "right" choice
- believing you must be productive
- comparing yourself to others
- self-criticism when things feel slow
- fear of being a beginner
- the need to explain yourself
- a worry that isn't yours

Letting go doesn't mean ignoring something. It means loosening your grip enough to keep going.

A few ways to explore this

- What expectation is weighing on me?
- What would feel lighter if I released it?
- Is there a belief or story I don't need anymore?
- Where am I putting pressure on myself unnecessarily?
- What could I set down so the last part of this journey feels steadier?

Letting go is about relief, not effort.

[illegible]

Day 20 - What's the Next Brave Step?

You're nearing the end of this 21-day journey. You've explored what matters, what's shifting, what supports you, what you can release, and the wins you've gathered along the way.

Today is about looking toward the step that feels true for you now - not the biggest step, not the most impressive one, and not the step you think you "should" take.

Bravery here is human and personal. It's honesty. It's choosing the step that fits who you actually are now, not who you used to be. A brave step is a truthful one.

Today's Prompt: What's the next brave step for me - the one that feels true?

Think about what feels right now, not how impressive it is.

It might be:

- admitting something to yourself
- choosing the smaller, gentler path
- saying yes to something that feels right
- saying no to something that doesn't
- giving yourself permission to start
- sharing an idea with one trusted person
- carving out space for what matters
- putting something on the calendar
- allowing your pace to be your own

Bravery isn't loud. More often, it's a quiet decision made from truth.

A few ways to explore this

- What step feels honest for me at this stage?
- What would future-me recognise as a brave choice?
- What fits what I've learned about myself?
- What step would the person I want to be actually take?
- What's the step I've quietly known about but haven't named yet?

Bravery here is simply choosing what matters.

Day 21 - Bringing It All Together

Part 1

Now that you've reached the end of the 21 days, take a moment to check in with where you are today.

There's no need to compare scores or look for big shifts - this is simply a way to notice what feels the same, what's changed, and what's come into clearer focus.

Give each area a score from 1-10, just as you did at the start, and add any notes that feel useful.



Day 21 - Reflection Snapshot



Clarity

How clear do I feel about what I want to start now?

Score: _____

Notes:

Energy

What's my current energy for moving forward with this?

Score: _____

Notes:

Confidence

How confident do I feel about the first steps I'm ready to take?

Score: _____

Notes:

Day 21 - Reflection Snapshot

Openness

How open do I feel to continuing this without pressure?

Score:

Notes:

Focus

How focused do I feel on what matters here today?

Score:

Notes:

Desire

How much do I feel I want to move forward with something now?

Score:

Notes:



Day 21 - Bringing It All Together

Part 2: Closing Reflections

Take a few moments to look back over the past 21 days.

These prompts aren't to assess how far you've come - they're simply here to help you notice what's shifted, what's softened, and what's come into clearer view.

What's become clearer for me over these 21 days?

A small insight, a feeling, a direction — anything that stands out.

What idea, habit, or direction keeps returning to me?

The thing that gently asks for attention.

What felt lighter or easier once I gave it some space?

A thought, a worry, or something that softened when I stopped pushing it away.

What feels different now compared to when I began?

However subtle, notice the shift in how you're seeing things.

What am I noticing about how I respond to starting something new?

A chance to recognise patterns gently, without judgement.

What surprised me about myself along the way?

Something you didn't expect to learn, feel, or realise.

What feels ready to move or unfold next?

A natural bridge into shaping your next step.

Day 21 - Bringing It All Together

Part 3: Where You've Landed

Take a moment to bring everything together.

There's no pressure to get this perfect - this is simply your own snapshot of where you are now and what feels important as you move forward.

What matters to me?

Write down the heart of it. The bit that feels personal, meaningful, or quietly important.

What direction do I want to take over the next month?

Think of this as a gentle lean rather than a fixed plan. What feels like the right way to head for now?

What am I letting go of - and how do I really feel about that?

Letting go can feel freeing, uncomfortable, or a mix of both. Note whatever comes up.

What's one small sign I'll notice that tells me I'm moving forward?

Something simple and observable - a feeling, a behaviour, a shift.

My next step

Just one step. Small, doable, and honest.

A Note for the Days Ahead

These 21 days were never about finding a single life goal or deciding exactly where you're heading next.

They were about something quieter, and often more important - noticing what motivates you, what lifts your energy, what slows you down, and what gets in the way.

You've spent this time paying attention to the small signals inside your life: the sparks of interest, the shifts in energy, the gentle truths, the hesitations, the reasons beneath the reasons.

That awareness is its own kind of beginning.

As you move forward, remember that change doesn't need to be dramatic to be meaningful.

Recognising how much change you actually want matters as much as what you want to change. Clarity comes from staying honest with yourself - about your pace, your capacity, your curiosity, and your needs.

Some days you'll feel ready to move. Some days you won't. Both are part of how this goes.

Keep noticing what energises you.
Keep noticing what drains you.
Keep noticing what feels true.

And when things become too much, allow yourself to pause.

When you feel the strength to move again, take the next step that feels real for you.

You've already begun. Carry that honesty with you.

None of this has to be done alone. I'm here if it helps.

- Matt