

Your next chapter

A clear goal. A realistic plan. One useful step at a time.

1. Find your direction

Choose a direction that matters to you. You do not have to solve your whole life today. Use an ordinary day as the starting point: the work, people, time, and habits you want around you.

Two values I want to express more often

An ordinary day I would feel good about

2. Make the goal clear

Write one observable outcome. Add your baseline, a measure, and a date. Check whether your method fits the time, money, skills, and support you actually have.

My SMART goal: outcome, measure, deadline, method, and why

My starting point and first milestone

3. Plan for obstacles

Name the interruption most likely to happen. Write a specific response you can carry out.
Choose a smaller version of the action for days when your capacity is lower.

If this obstacle happens, then I will...

My smallest useful action and the support I can ask for

4. Build the roadmap

Split the goal into three milestones. Give each a date, a visible result, and the next physical action. A plan is allowed to change as you learn.

Milestone 1: date, result, first action

Milestone 2 and 3: dates and results

5. Give it a place in your day

Choose a realistic window. Leave space for existing responsibilities and recovery. Put the plan into your calendar, then review what actually happened each week.

My daily action window and minimum version

My weekly review: what worked, what changed, next step
