

BOOK COMPANION RESOURCE

Next Chapter Workbook

Creating My Next Chapter

From Reflection to Intention

A practical companion for bringing together what you have discovered through the book and deciding how you want to move forward.



Roushini Devi

Every life transition gives us a Gift of Time.™

My Next Chapter

Pause • Reflect • Reframe • Reset • Rise

This workbook helps you bring together your reflections, insights and learnings, and turn them into intentional steps for your next chapter. Take your time, be honest with yourself, and dream with an open heart.

1. What have I learned?

What are the most important lessons from my journey so far?

2. Who am I becoming?

How am I growing and evolving? What do I appreciate about the person I am today?

3. What matters now?

What is truly important to me in this next chapter?

4. What do I want more of?

What brings me joy, peace, fulfilment and purpose?

5. What am I ready to change?

What do I no longer want to carry into the future?

6. My next meaningful step

What is one intentional step I can take now to move forward?

Small steps create big new beginnings.

My Vision Ahead

A Life That Feels Aligned and Meaningful

Use these prompts to explore your hopes, dreams, and intentions for the next chapter. You may wish to write freely, create a vision, or simply capture the words that feel true for you right now.

How do I want to feel in this next chapter?

What experiences do I want to create?

How do I want to contribute to the world around me?

What support do I need?

A message to my future self:

I give myself permission
to create a next chapter that feels true, meaningful,
and uniquely mine.