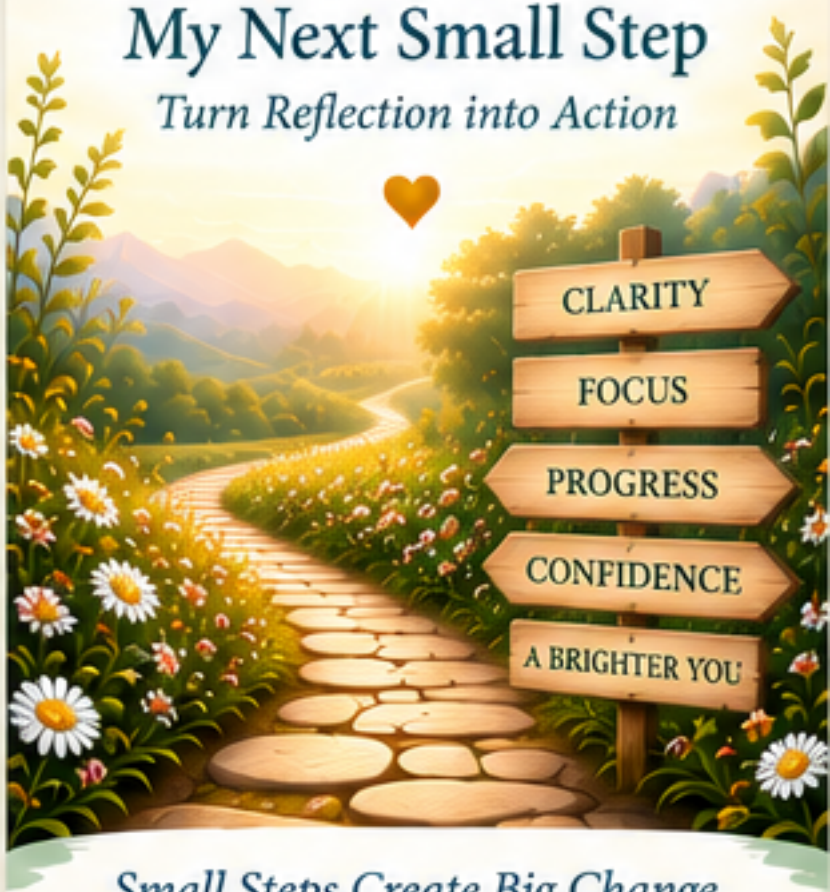
THE GIFT of TIME™

PRINTABLE TOOL

My Next Small Step

Turn Reflection into Action



Small Steps Create Big Change.

Roushini Devi

Every life transition gives us a Gift of Time.™

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My Next Small Step

A Simple Planning Guide

From Reflection to Action

You don't have to have it all figured out. You just need a next step. Use the prompts below to help you gain clarity and take one meaningful and manageable step forward.

What matters to me right now?

What is important to me in this season of life?

What can I influence?

What is within my control right now?

What is one step I can take?

What is a small, realistic action I can take?

What support might I need?

Who or what could support me on this journey?

When will I begin?

What is a realistic time frame for my next step?

My Commitment

Taking My Next Step

My next step

What is one meaningful and manageable step I will take?

How will this support me?

How will this step help me, now and in the future?

My commitment

When will I begin? How will I keep myself on track?

You don't need to know the whole path
before you begin.
Small steps, taken with intention,
can lead to meaningful change.

Take what you need. Begin where you are.

Every life transition gives us a Gift of Time.™