What Has Changed
What Remains
What Is Possible?

A Practical Activity



Pause. Reflect. Reframe. Grow.

Roushini Devi

Every life transition gives us a Gift of Time.™

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What Has Changed?

A Practical Activity

Notice. Honour. Understand.

Change is a natural part of life. Pausing to notice what has changed, what remains, and what might be possible can help you gain clarity, find gratitude and step forward with intention.

What has changed?

What aspects of my life, circumstances, relationships, mindset or identity have changed during this transition?

What remains?

What is still here for me? What has stayed steady, supportive or constant?

What is possible?

What new opportunities, perspectives or possibilities might now be opening up for me?

Integrating & Moving Forward

What Has Changed • What Remains • What Is Possible?

What am I taking with me?

What have I learned from this season? What strengths, insights or qualities do I want to carry forward?

What am I ready to let go of?

What no longer serves me? What can I release with kindness to make space for what's next?

My next steps

What is one small, supportive action I can take now?
What would help me move forward with greater ease and hope?

Change can be both an ending and a beginning.
As something shifts, something new becomes possible.
You don't have to have it all figured out.
You just need a next step.

Take what you need. Begin where you are.

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