

What the Next Chapter Could Hold

Sketch what you want the next stretch of your life to be about.

WHEN TO USE THIS

Use this when one part of your life is ending or winding down.

If the last few years were a chapter, what would you call it?

What was that chapter mostly about?

What would you like the next one to be about?

What is one thing that belongs in the next chapter that you could start now?

You do not need the whole story. Knowing what it is about is enough to start.