The Next Step Workbook

EXERCISE 01 / 03

Look at where you are

Set aside 15–20 minutes. You can work through all three pages today or come back to them as you go. Start with one area of life or work you'd like to understand better.

What feels steady or is working well in this area right now?

What feels out of step with what matters to you?

If one thing changed, what would you most like to be different?

The Next Step Workbook

EXERCISE 02 / 03

Name what you bring

Think of a recent moment when you handled something well, even if it felt ordinary. It might be a conversation, a decision or something you helped make possible.

What was happening, and what did you do?

What do your actions tell you about a strength you already use?

How could you use that strength in the area you wrote about on page one?

The Next Step Workbook

EXERCISE 03 / 03

Choose a small experiment

Choose something you can try in the next seven days. It should be small enough to do without feeling entirely ready, and specific enough to learn from.

What will you try? Write down the first action, when you'll take it and any support you'll need.

What do you expect to happen, and what would you like to learn?

Afterwards: what actually happened? Based on that, what would you try next?