



THE NEXT ACT

A 30-Day Life Script for Starting Over

A guided plan for people whose first act ended unexpectedly—and who are ready to write the next one.

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A theatrical approach to clarity, direction, and momentum



HOW TO USE THIS SCRIPT

This is not a motivational document.

It is a **working script**.

Read it once as a story.

Then read it again as **instructions for your own production**.

You will notice:

- Acts = phases of your next chapter
- Scenes = concrete actions
- Stage directions = what to do, not just what to think

You are the playwright.

You are also the lead.



CAST OF CHARACTERS

THE PROTAGONIST (YOU)

An experienced professional whose role ended due to forces beyond individual control.

THE MIRROR (A PEER)

Someone equally capable—taking a different path after the same disruption.

AI (THE CATALYST)

A force that closed one door and quietly unlocked another.

THE DIRECTOR (INNER VOICE)

The part of you that insists on movement over rumination.



ACT I — THE CURTAIN FALLS

(What ended, and why it matters)

Scene 1: The Ending

The job ends. The role disappears.

Not because of failure—but because the stage changed.

Director's Note:

An ending is not a verdict. It's a transition point.

Scene 2: The Intermission

Time stretches. Experiments begin:

- New tools
- Half-built ideas
- Quiet anxiety

Nothing sticks yet.

Reflection Prompt:

What part of your old identity no longer fits—even if you wish it did?

ACT I OUTPUT (Write This):

- What chapter clearly ended?
- What are you no longer willing to pretend is “temporary”?



ACT II — THE DIVERGENCE

(Drift vs. Direction)

This act shows **two possible paths** after disruption.

Scene 3A: The Drift (A Common Path)

A peer tries:

- Turning hobbies into income (without traction)
- Taking online courses in unrelated fields
- Consuming advice without committing

Eventually:

- Expectations shrink
- Life becomes smaller
- The goal becomes *avoiding anxiety*, not building momentum

Director's Note:

Motion without commitment feels like effort—but produces no movement.

Scene 3B: The Turn (Your Path)

Instead of searching for certainty, you choose **direction**.

You ask:

- Who do I already understand?
- What friction can I remove?
- What tool lowers the barrier *right now*?

You notice something ironic:

The same AI that ended one chapter
makes the next chapter possible.

Scene 4: Naming the Next Act

You write a sentence that is *true enough to act on*:

“I help people like me take their first concrete step toward a new income stream using modern AI tools.”

Director’s Note:

You don’t need a perfect vision. You need a usable one.

ACT II OUTPUT (Write This):

- My Next Act is about helping: _____
 - The problem I reduce is: _____
 - The smallest useful outcome I can deliver is: _____
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ACT III — OPENING NIGHT

(Action creates belief)

Scene 5: The Public Step

You commit visibly:

- A domain
- A simple landing page
- A clear offer

Imperfect. Real.

Scene 6: The First “Yes”

Someone asks:

“Can you help me with this?”

You answer:

“Yes.”

Not because you know everything—
but because you know enough to begin.

Scene 7: The Contrast

Your peer waits for clarity.
You build momentum.

Your confidence doesn't come first.
It arrives **after** action.

Director's Note:

Momentum is the reward for movement—not the prerequisite.

ACT III OUTPUT (Write This):

- My first public commitment is: _____
 - My first concrete next move is: _____
 - The date I will take it is: _____
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FINAL CURTAIN — YOUR NEW ROLE

You are no longer:

- Waiting to be chosen
- Collecting credentials
- Downsizing your ambition

You are now:

- Writing your own scripts
 - Using AI as a lever, not a threat
 - Helping others take their first scene
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FINAL LINE (Write This in Your Own Words)

“Al ended my last act.

I’m using it to write the next—mine, and others’.”

Sign it. Date it.

This is your opening night.

That’s a wrap. Standing ovation earned.