

# "ANSWERING THE CALL"



## JOURNAL



RESTLESSNESS ISN'T A PROBLEM—IT'S A SIGN THAT SOMETHING WITHIN YOU IS READY TO GROW. THIS JOURNAL WILL HELP YOU TURN THAT STIRRING INTO CLARITY, COURAGE, AND HOPE FOR THE NEXT STEP IN YOUR JOURNEY.

DATE:    /    /

## SECTION 1: LISTENING TO YOUR CALL

TAKE A QUIET MOMENT. CLOSE YOUR EYES. BREATHE DEEPLY. AND ASK YOURSELF: "WHAT IS MY HEART ASKING FOR RIGHT NOW?"

WHAT HAS BEEN TUGGING AT YOU LATELY—SOMETHING YOU CAN'T IGNORE?

---

---

---

HOW DOES IT FEEL WHEN YOU IMAGINE MOVING TOWARD IT? EXCITED, SCARED, NERVOUS, HOPEFUL?

---

---

---

WHAT SMALL SIGNS OR MOMENTS HAVE NUDGED YOU TOWARD THIS NEXT STEP?

---

---

---

---

IF YOU WEREN'T AFRAID OF MAKING A MISTAKE, WHAT WOULD YOU DO FIRST?

---

---

DATE:     /     /

## SECTION 2: CLARIFYING WHAT YOU WANT

SOMETIMES RESTLESSNESS IS JUST THE SEED OF CLARITY WAITING TO GROW. USE THESE PROMPTS TO EXPLORE WHAT THAT CLARITY LOOKS LIKE FOR YOU.

WHEN YOU PICTURE THE LIFE YOU WANT, WHAT STANDS OUT MOST VIVIDLY?

---

---

---

WHAT ASPECTS OF YOUR CURRENT LIFE FEEL OUT OF ALIGNMENT WITH THAT VISION?

---

---

---

WHAT WOULD YOUR IDEAL DAY, WEEK, OR MONTH LOOK LIKE IF YOU FOLLOWED THIS CALL?

---

---

---

---

WHICH AREAS OF YOUR LIFE ARE READY FOR CHANGE, EVEN IN SMALL WAYS?

---

---

---

---

DATE:    /    /

### SECTION 3: TAKING COURAGEOUS STEPS

ANSWERING THE CALL TAKES COURAGE, BUT IT DOESN'T HAVE TO BE OVERWHELMING. THESE PROMPTS HELP YOU BREAK IT INTO MANAGEABLE STEPS.

WHAT IS ONE SMALL ACTION YOU CAN TAKE THIS WEEK TOWARD CLARITY?

---

---

---

WHAT OBSTACLES OR FEARS MIGHT TRY TO STOP YOU, AND HOW CAN YOU MEET THEM WITH COURAGE?

---

---

---

WHO OR WHAT CAN SUPPORT YOU AS YOU TAKE THESE STEPS?

---

---

---

---

HOW CAN YOU CELEBRATE YOUR PROGRESS, EVEN IF IT FEELS TINY?

---

---

---

---

DATE:     /     /

## SECTION 4: REFLECTION & HOPE

FINISH BY REFLECTING ON WHAT YOU'VE DISCOVERED AND GIVING YOURSELF PERMISSION TO MOVE FORWARD.

WHAT NEW INSIGHTS OR CLARITY DID YOU GAIN TODAY?

---

---

---

HOW DOES IT FEEL TO ACKNOWLEDGE THE STIRRINGS OF HOPE WITHIN YOU?

---

---

---

WHAT DOES IT MEAN TO TRUST YOURSELF AND THE PROCESS, EVEN WITHOUT KNOWING THE WHOLE PATH?

---

---

---

---

WRITE A SHORT MESSAGE TO YOURSELF AS ENCOURAGEMENT: "I AM READY TO..."

---

---

---

---

EVERY HERO REACHES THIS STAGE—THE SPACE BETWEEN KNOWING SOMETHING MUST CHANGE AND TAKING THE FIRST STEP. BY LISTENING, CLARIFYING, AND ACTING IN SMALL WAYS, YOU ARE CREATING MOMENTUM. HOLD ONTO HOPE. TRUST YOUR COURAGE. THE PATH WILL UNFOLD AS YOU MOVE FORWARD.

**“**

**YOU BECOME THE HERO OF  
YOUR STORY THE MOMENT YOU  
STOP WAITING TO BE SAVED.**

**- APRIL NICOLE**

**”**



**Unstoppable April Nicole**