

QUIETLY STUCK

*Your Personal Evolution Journal
for Women in Midlife*

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Live with Passion. Lead with Purpose. Thrive with Joy.



Before You Begin

A note from Katrina, Founder, Thrive Vibe Creations

Welcome. You are holding something that was built specifically for you, for the woman who read Quietly Stuck and is ready to move the ideas from the page into her actual life.

This workbook follows the book chapter by chapter. Each section gives you three things: a space for the visual framework from that chapter (which you will design in Canva using the AI prompt provided), the guided exercises and reflection questions, and generous writing space proportional to the depth of work each chapter requires. Some chapters are brief. Some are substantial. All are intentional.

There is no right way to use this workbook. You can move through it in sequence alongside the book. You can return to earlier chapters as your evolution develops. You can skip a section that does not yet apply and come back when it does. This is yours. Use it the way that serves you most honestly.

A Few Gentle Reminders

Write honestly. This workbook is for you, not for anyone else to read.

Write in pencil if you like. You will want to come back and update some of these pages as your clarity grows.

Do not worry about perfect answers. The woman who answers imperfectly and keeps moving is always further ahead than the woman who waits until she is certain.

If a question stops you, sit with it. The questions that are hardest to answer are usually the ones pointing to exactly what most needs your attention.

Before You Turn Another Page

Capture where you are right now, before the work changes what you see

These three questions are your starting point. Answer them as honestly as you can right now, in this moment, before the rest of the book shifts your perspective. When you finish the book, come back and read what you wrote here. You may be surprised by how far you have traveled.



1. *Who is the woman you are becoming? Describe her in as much detail as you can. What does she look like from the inside?*

2. *What is the one honest thing you have not yet admitted to yourself about where you are right now?*

3. *What would change in your daily life if you gave yourself full permission to want something different?*

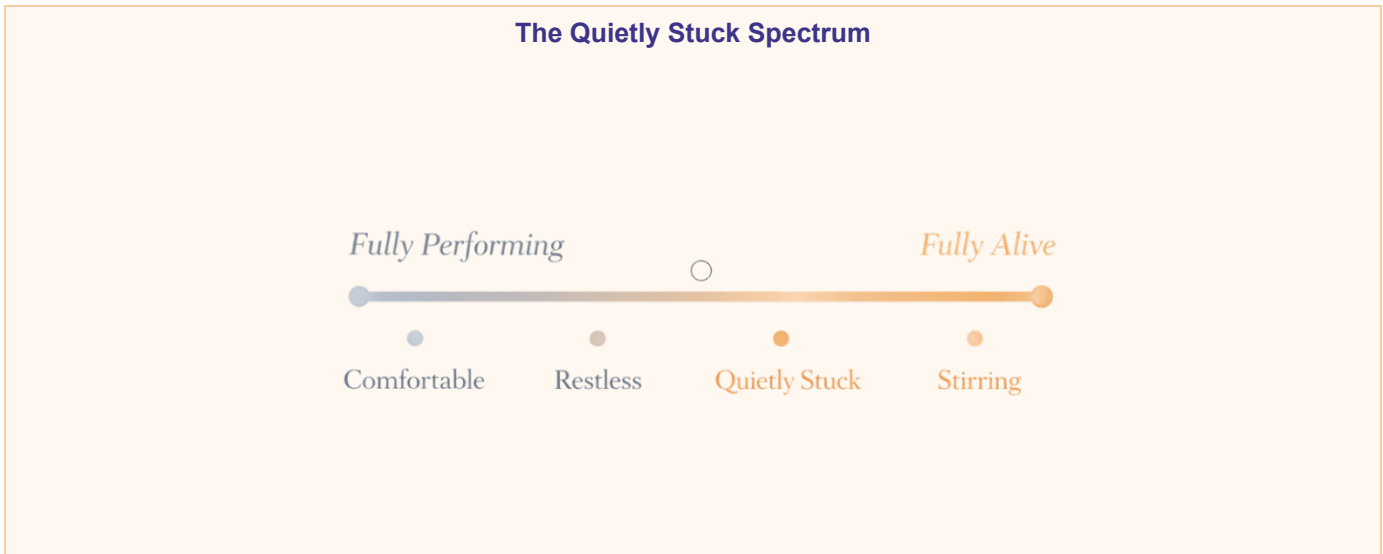
MY CLARITY

Right now, the one word that most honestly describes where I am is _____ and what I most need from this journey is:

The Life You Have Built Looks Fine on the Outside

Locating yourself on the Quietly Stuck Spectrum

Before you do anything else, mark where you are on the spectrum below. Be honest. Nobody is watching and there is no wrong answer. The only answer that helps you is the true one.



Mark Your Position

On the spectrum above, draw a circle where you honestly are right now. Then answer these questions.

- 1. Which of the four profiles in Chapter One felt most like your own experience? What specifically felt true about it?*

- 2. What does the Sunday feeling look like in your specific life? Describe it as concretely as you can.*

- 3. Write an honest outline of the life that looks fine on the outside. What is in it? What is missing from it?*

4. *What is one thing about your current life that you have quietly stopped expecting to change?*

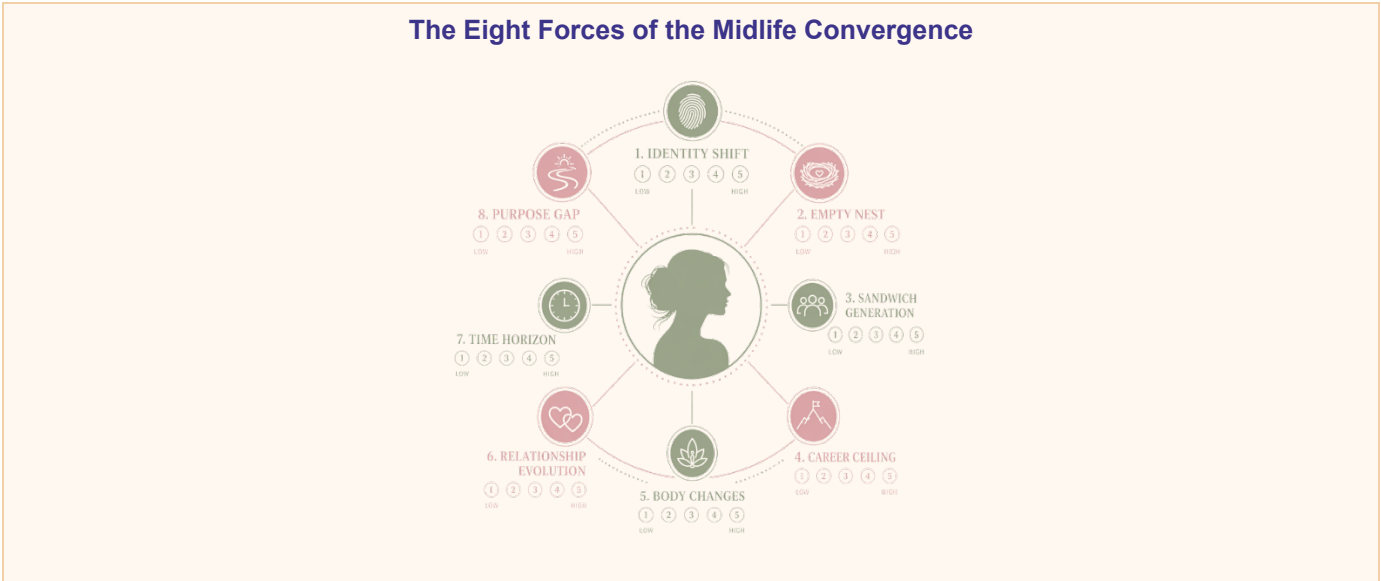
MY CLARITY

If someone who knew me completely described what I am carrying quietly right now, they would say:

Why Midlife Hits Different for Women

Mapping the forces that are converging in your life right now

Midlife does not sneak up on you all at once. It arrives through a combination of forces, each one manageable on its own, but together forming something that changes the entire landscape. Rate each force below so you can see which ones are most active in your life right now.



Rate Each Force: How strongly is it showing up in your life right now? (1 = barely noticeable, 5 = very strong)

- Identity Shift ____ / 5
- Empty Nest or Empty Nest Approaching ____ / 5
- Sandwich Generation Pressure ____ / 5
- Career Ceiling or Restlessness ____ / 5
- Body and Energy Changes ____ / 5
- Relationship Evolution ____ / 5
- Time Horizon Awareness ____ / 5
- Purpose Gap ____ / 5

1. Which two or three forces are most active in your life right now? What does each one actually feel like in your body and your daily experience?

2. *What has midlife revealed about you that you did not know or fully acknowledge before?*

MY CLARITY

The force that is asking the most of me right now is _____ and what it is actually asking for is:

The Staying Dilemma

Understanding why you stay and what you can do with this time

Staying is not the same as being stuck. Staying on purpose, with clear eyes and an intentional plan for what you will do with the time, is a completely different experience from staying by default. This chapter helps you locate yourself between those two points and make the most of wherever you are.



The Two-Column Exercise

In the left column, write every honest reason you are staying in your current situation. In the right column, write what you could actively do with that time while you are still here.

Why I Am Staying	What I Can Do With This Time

1. *Is your staying currently by default or by purpose? What honest evidence do you have for your answer?*

2. *What would you do differently in your current situation if you decided to stay fully on purpose, starting today?*

MY CLARITY

The most honest reason I am staying right now is:

The Four Ways Women Get Quietly Stuck

Identifying your primary type and what it tells you about your evolution

Rate each statement from 1 (rarely true for me) to 4 (very true for me). Add up each section. Your highest score is likely your primary type. Do not overthink it. Go with your gut.

The Four Types of Quietly Stuck

 <h3>The Achiever</h3> <p><i>I define my worth by what I accomplish.</i></p> <ol style="list-style-type: none">1 Driven and Goal-Oriented You set high standards for yourself and constantly strive to achieve more.2 Success-Defined Your identity is closely tied to productivity, recognition, and tangible results.3 Restless Without Purpose When there's no next goal, you feel lost, empty, or unsure of your value.	 <h3>The Caregiver</h3> <p><i>I take care of everyone else first.</i></p> <ol style="list-style-type: none">1 Nurturing and Selfless You find purpose in caring for others and being the one everyone depends on.2 Others Come First Your needs often take a back seat to keep the peace and support those you love.3 Guilt Over Boundaries You struggle to prioritize yourself and feel guilty when you do.
 <h3>The Follower</h3> <p><i>I look to others to show me the way.</i></p> <ol style="list-style-type: none">1 Seeks Direction and Approval You feel most comfortable when others set the plan and give you direction.2 Avoids Risk and Conflict You prefer harmony and safety over making bold moves or hard decisions.3 Disconnected From Self You've lost touch with your own desires and often wonder what you truly want.	 <h3>The Dreamer Who Waited</h3> <p><i>Someday felt safer than today.</i></p> <ol style="list-style-type: none">1 Big Dreams, Small Steps You have a vision for your life but have struggled to take consistent action.2 Waiting for the Right Time You've been holding out for more time, money, freedom, or confidence.3 Regret and What Ifs You carry the ache of what could have been and wonder if it's too late.

The Achiever

Rate each 1-4:

1. I define my worth largely through professional achievement and performance. _____
2. The hollow victory feeling arrives more often than I admit to anyone. _____
3. I am more comfortable delivering results than exploring my own desires. _____
4. I am afraid that stepping back from achievement will make me irrelevant. _____

ACHIEVER TOTAL: _____ / 16

The Caregiver

1. My own needs consistently come last in my daily life. _____
2. I feel genuine guilt when I invest time or attention in myself. _____
3. My sense of identity is closely tied to being needed by others. _____
4. The end of an intensive caregiving role has left me uncertain about who I am. _____

CAREGIVER TOTAL: _____ / 16

The Follower

1. I have built a life largely around someone else's path or direction. _____
2. I find it difficult to name what I genuinely want without reference to others. _____
3. I tend to ask for permission or approval before pursuing my own desires. _____

4. I wonder who I am outside of my relationship and family roles. _____

FOLLOWER TOTAL: _____ / 16

The Dreamer Who Waited

1. I have a specific dream I have been deferring for years, sometimes many years. _____

2. I often plan for someday without taking real steps toward it. _____

3. The awareness of time passing has become more urgent and harder to ignore. _____

4. I know which direction I want to go but have not yet given it full commitment. _____

DREAMER TOTAL: _____ / 16

1. Which type scored highest? Does it feel accurate to you, or does something feel off? What surprised you about the results?

2. Do you recognize a secondary type in yourself? How do the two types show up together in your daily life?

MY CLARITY

The type that most accurately describes how I am stuck right now is _____ and the most specific way it shows up in my life is:

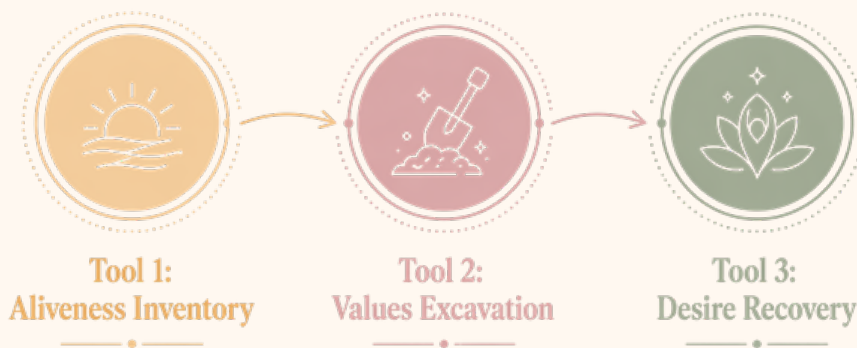
Who Are You When Nobody Needs Anything From You?

More than you know. Far more than you have ever been told.

This is the biggest chapter in the workbook because it is doing the most important work. It has three movements. Take your time. There is no prize for rushing through self-discovery.

Movement One: The Excavation

The Three Excavation Tools



Tool 1: The Aliveness Inventory

For the next two weeks, write down at least one moment each day when you felt genuinely alive. Not productive. Not useful. Not impressive. Alive. This is a practice, not a test. There are no wrong entries.

What does alive feel like for you? It might be a conversation, a creative moment, a physical sensation, a flash of joy. Write it down before your inner editor can question whether it counts.

Week One Notes:

Week Two Notes:

Patterns I notice across these two weeks:

Tool 2: The Values Excavation

Read through the values below. Add your own. Read through them slowly. Notice which ones produce a feeling of recognition in your body, not just your mind. Those are yours. Identify your top five, then narrow to three.

Authenticity Connection Contribution Creativity Freedom Growth Joy Leadership Legacy
Purpose Service Wisdom *Consider these plus your own on a separate piece of paper.*

My top three values and what each one genuinely means to me:

1. *Is your current life actually organized around these values? Where is the biggest gap between your values and how you are spending your time?*

Tool 3: The Desire Recovery Practice

Many women have spent so long attending to other people's desires that their own have gone quiet. These questions help turn the volume back up. Answer without editing.

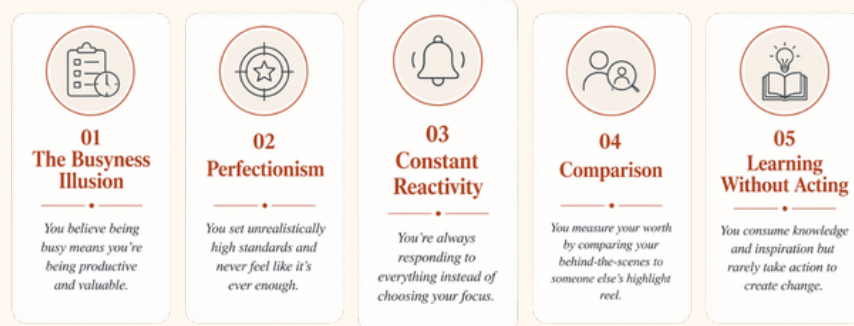
1. *What would you do this Saturday morning if nobody needed anything from you and there was nothing you were supposed to do?*

2. What would your ideal week look like if you designed it around your own energy, your own sense of meaning, and your own genuine pleasure?

3. If you could design the next chapter of your life with full creative authority, what would you include that is not there right now?

Movement Two: The Hidden Habits

The Five Hidden Habits



These five habits do not announce themselves. They feel like responsibility, efficiency, or reasonable caution. They are not. They are the quiet thieves of your clarity and forward momentum. Rate each one honestly.

The Busyness Illusion: filling days with motion that does not move you forward ____ / 5

Perfectionism: waiting for flawless before moving, or finishing ____ / 5

Constant Reactivity: living inside other people's timelines and requests ____ / 5

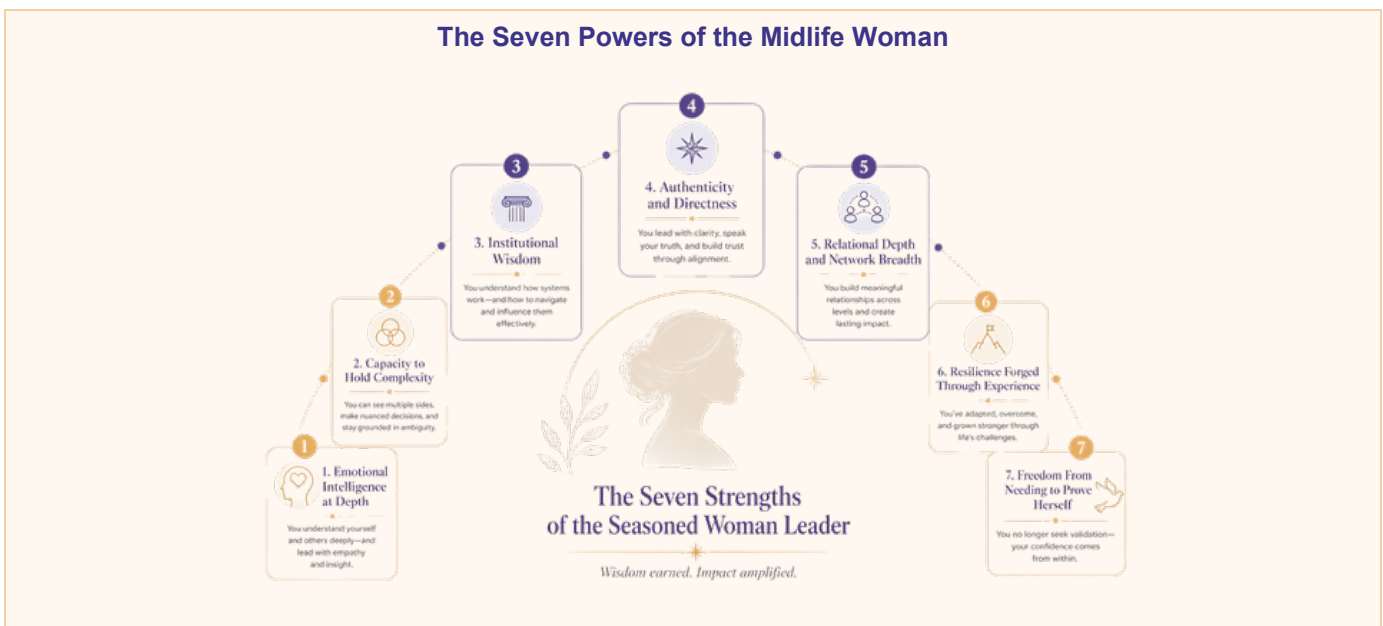
Comparison: measuring your progress against someone else's highlight reel ____ / 5

Learning Without Acting: preparing indefinitely instead of beginning ____ / 5

1. Which habit resonated most strongly? How long has it been running in the background of your life without being named?

2. What is one specific, concrete action you could take this week to begin addressing your most recognized hidden habit? Make it small enough to actually do.

Movement Three: The Seven Powers



These powers were not given to you at midlife. They were built by everything you have lived. Rate how strongly you currently claim each one. Be generous with yourself.

- Emotional intelligence at depth ____ / 5
- The capacity to hold complexity ____ / 5
- Institutional wisdom and pattern recognition ____ / 5
- Authenticity and directness ____ / 5
- Relational depth and network breadth ____ / 5
- Resilience forged through real experience ____ / 5
- The freedom of not needing to prove herself ____ / 5

1. *Which power is most difficult for you to claim as genuinely yours right now? What would it take to own it fully?*

Type-Specific Journal Prompts (Hidden Habits & Seven Powers)

For The Achiever:

- A. *The busyness illusion and perfectionism are both closely connected to the Achiever's experience. Which of these is most active in your life and how has it kept you from moving toward what you actually want?*
- B. *Which of the seven powers do you most actively use in your professional life right now? Which ones are you leaving completely untapped?*

For The Caregiver:

- A. *Who were you before the caregiving role became the primary lens through which you understood yourself? What parts of that woman are still present and wanting expression?*
- B. *Looking at the seven powers, which ones were most directly developed through your years of caregiving? How might those powers serve you and others in the next chapter?*

For The Follower:

- A. *Separate from the life you have built with and for others, what does the version of your life that belongs entirely to you look like?*

B. *Of the five hidden habits, which one has most consistently kept you from pursuing what is genuinely yours? What would one aligned step look like this week?*

For The Dreamer Who Waited:

A. *Describe your dream in as much detail as you can. Not the edited practical version. The real one. Which of the five hidden habits has played the biggest role in keeping you from it?*

B. *Looking at the seven powers, which three are most directly relevant to the dream you have been carrying? How do they equip you more fully than at any earlier point in your life?*

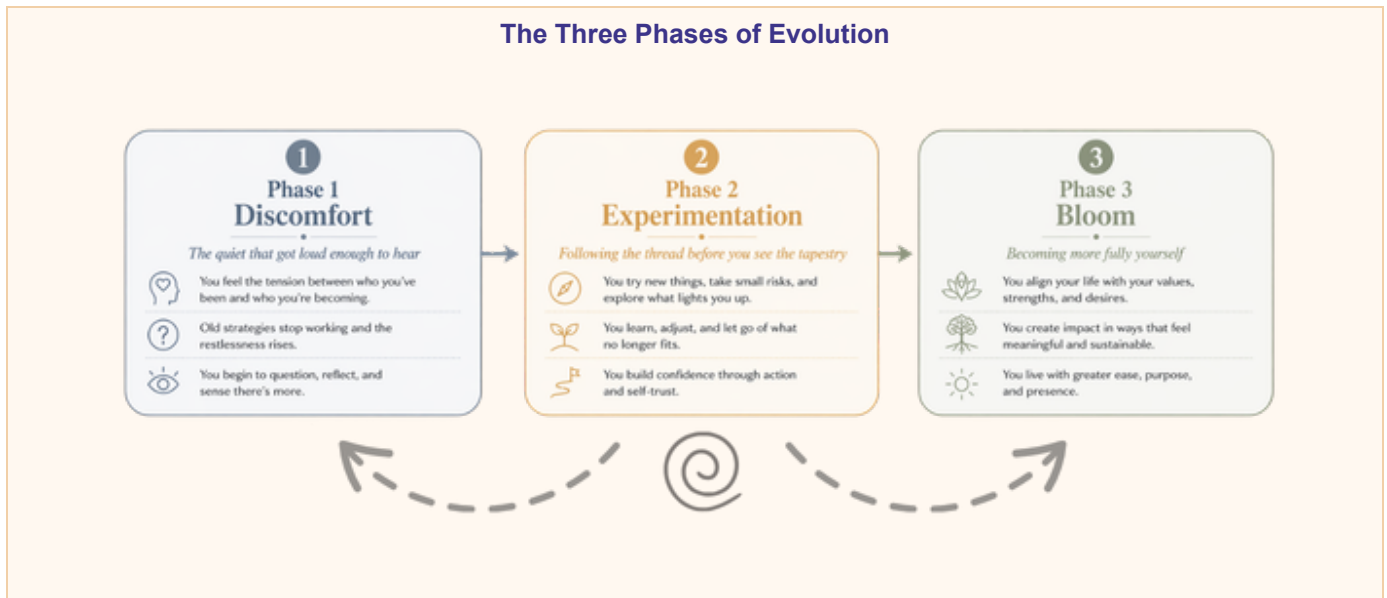
MY CLARITY

The most complete and honest description of who I am right now, including what I carry, what has been limiting me, and what I am becoming, is:

The Three Phases of Evolution

Your roadmap, your compass, and the purpose statement that guides everything

This chapter gives you two of the most important tools in the entire book. The first is the roadmap of the three phases so you always know where you are in the journey. The second is your purpose statement, the compass that makes every decision in Part Four easier and more intentional.



Locate Yourself in the Phases

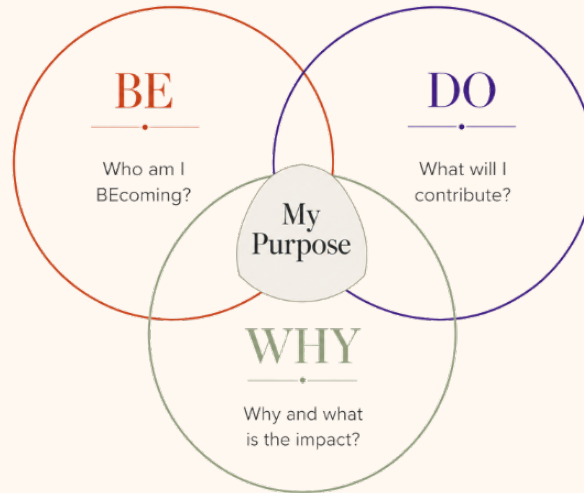
- 1. Which phase are you currently in? What specific evidence in your daily life points to that phase? Do not just name it. Describe what it actually feels like.*

- 2. What is this phase asking of you right now? What would it mean to honor what it is asking rather than resist it?*

The Be, Do, Why Purpose Statement Builder

Adapted from the work of Brendon Burchard, GrowthDay (www.growthday.com)

The Be, Do, Why Purpose Compass



Your purpose statement is not a tagline. It is a compass. It tells you which direction to move in every phase of your evolution. Take your time with these three questions. Write what comes honestly, not what sounds impressive.

MY BE WORDS: When I am at my best, who am I being? What identity do I most want to embody?

MY DO WORDS: What will I contribute and create? When I am fully my Be, what naturally flows from that into the world?

MY WHY: What is the deeper reason this matters? What legacy am I building? Who does it serve?

Write Your Purpose Statement Draft

Use this formula as a starting point, then make it yours:

The purpose of my life is to be a _____ who _____ in order to _____.

My first draft:

After sitting with it for 24 hours, what I would refine:

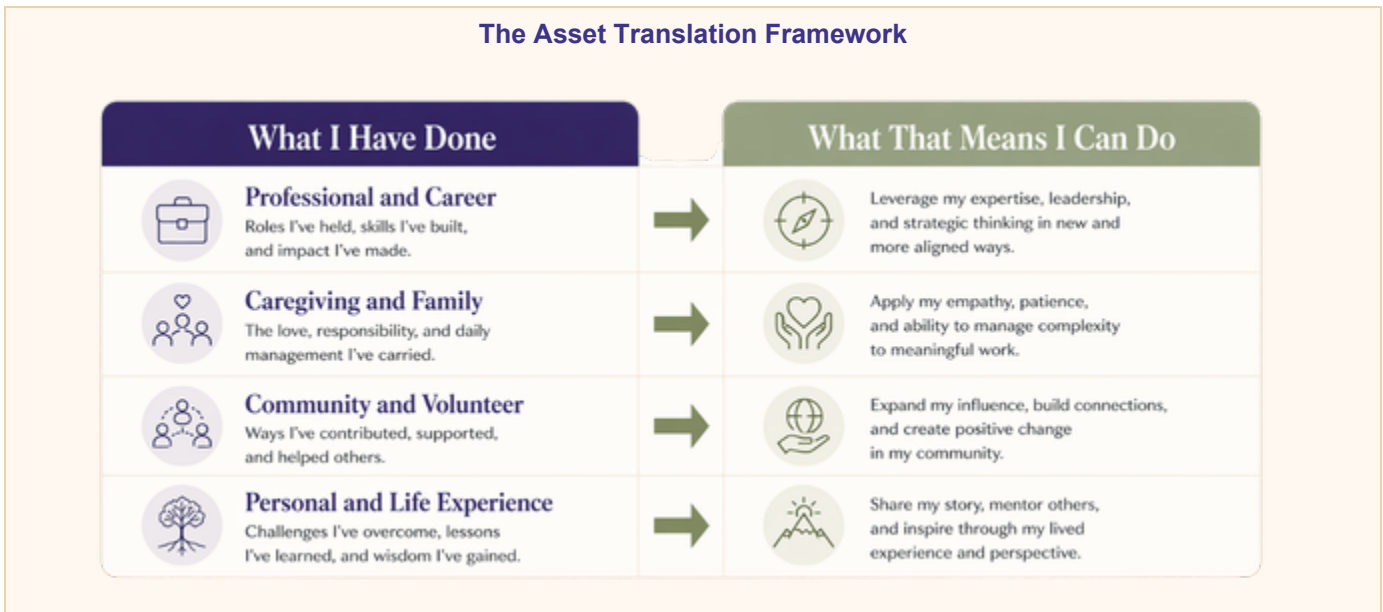
MY CLARITY

My purpose statement changes how I see my current phase because:

Everything You Have Lived Is an Asset

Translating your experience into the language of your next chapter

You are not starting from scratch. You are starting from depth. The exercise below helps you see everything you have built across every domain of your life, and then run it through the lens of your purpose so you know which assets deserve the most deliberate development going forward.



Complete Your Asset Inventory

For each category, write what you have done in the left column and what capability or strength that experience built in the right column. Use the examples in Chapter Seven as a translation guide.

Professional and Career Experience

What I Have Done	What That Means I Can Do

Caregiving and Family Experience

What I Have Done	What That Means I Can Do

Community and Volunteer Experience

What I Have Done	What That Means I Can Do

Personal and Life Experience

What I Have Done	What That Means I Can Do

The Purpose Lens

Now look at your full inventory through the lens of your purpose statement from Chapter Six.

1. *Which of my assets most directly expresses my Be words, the identity I am called toward?*

2. *Which of my assets is the most natural vehicle for my Do words, the contribution I am here to make?*

3. *If I were designing the next chapter entirely around my purpose statement, which three assets would I invest in developing most intentionally right now?*

MY CLARITY

The three most powerful things I am bringing into the next chapter, and the three I will develop most intentionally, are:

Pivot, Evolve, or Bloom Where You Are?

Finding the path that fits your life, your values, and your season

This chapter is a decision chapter. By the end of this section you will have named your path, applied your purpose statement as a filter, and committed to your first real step. Take all the time you need on the four pre-decision questions. They are doing important work.

The Three Paths Decision Framework

The Pivot
Moving into new territory

- You step into something entirely new.
- You embrace uncertainty and build new skills.
- You create a new path aligned with your values and vision.

Type Fit: For women who feel called to start fresh, change direction, or create something new.

The Evolution
Redirecting what exists

- You build on your experience in a new way.
- You refine, expand, and elevate your impact.
- You grow with intention while staying anchored in purpose.

Type Fit: For women who want to leverage what they've built and take it to the next level.

Bloom Where You Are
Transforming from within

- You deepen your growth and expand your influence.
- You bring more of your authentic self to your current role.
- You create more meaning, joy, and alignment in everyday life.

Type Fit: For women who want to create more impact, fulfillment, and freedom within their current life.

Step One: The Four Pre-Decision Questions

Write your answers fully. These questions are designed to help you get honest before you get strategic.

1. *What does my life actually allow right now? Be honest about the financial realities, family obligations, time, and energy you genuinely have available. Not the pessimistic version and not the aspirational version. The true version.*

2. *What does my energy tell me? When you imagine each of the three paths, which one makes you slightly more awake? Which one produces a response in your body rather than just your logical mind?*

3. *What am I most afraid of? Name the specific fear rather than treating it as a monolithic stop sign. Fear of failure is different from fear of success. Name yours.*

4. *What would I choose if I knew I could not fail? Not the grand fantasy version. The specific, honest preference underneath the fear.*

Step Two: The Purpose Filter

Before you name your path, run each option through the compass you built in Chapter Six.

1. *Which path most directly allows me to be who I said I want to become?*

2. *Which path gives my specific Do words, my contribution and creation, the most room to express themselves?*

3. *Which path most honestly serves the legacy and the Why I named as mine?*

Step Three: My Path and My First Step

My chosen path (check one): PIVOT / EVOLUTION / BLOOM WHERE YOU ARE

Why this path and not another:

My first concrete step within the next thirty days:

What I will tell myself the next time fear tries to convince me I chose wrong:

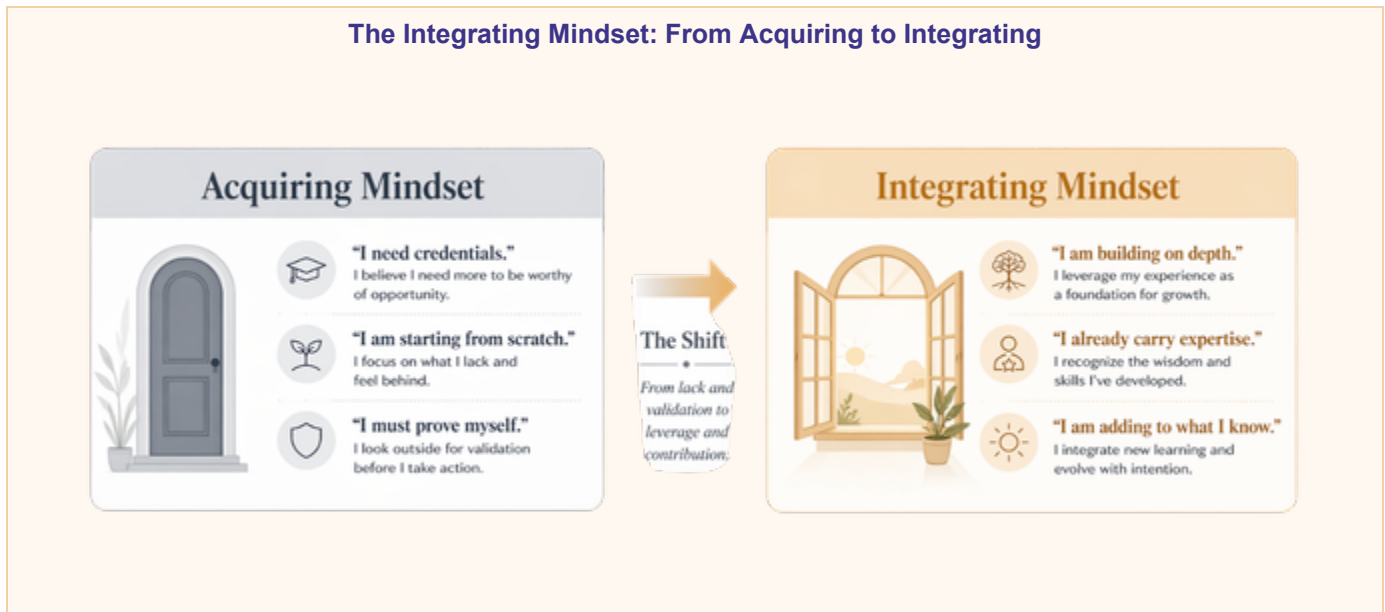
MY CLARITY

I am choosing _____ because it most directly serves my purpose of:

Learning Something New

Strategic growth, a powerful new mindset, and the AI tool you are not yet using

You do not need to go back to school. You need to add to what you already know in a targeted and intentional way. This chapter helps you build your personal learning plan and takes you through your first steps with AI, the most powerful new tool available to you right now.



My Personal Learning Plan

Be as specific as possible in each section. Vague learning plans tend to stay plans. Specific ones tend to become action.

What I am learning:

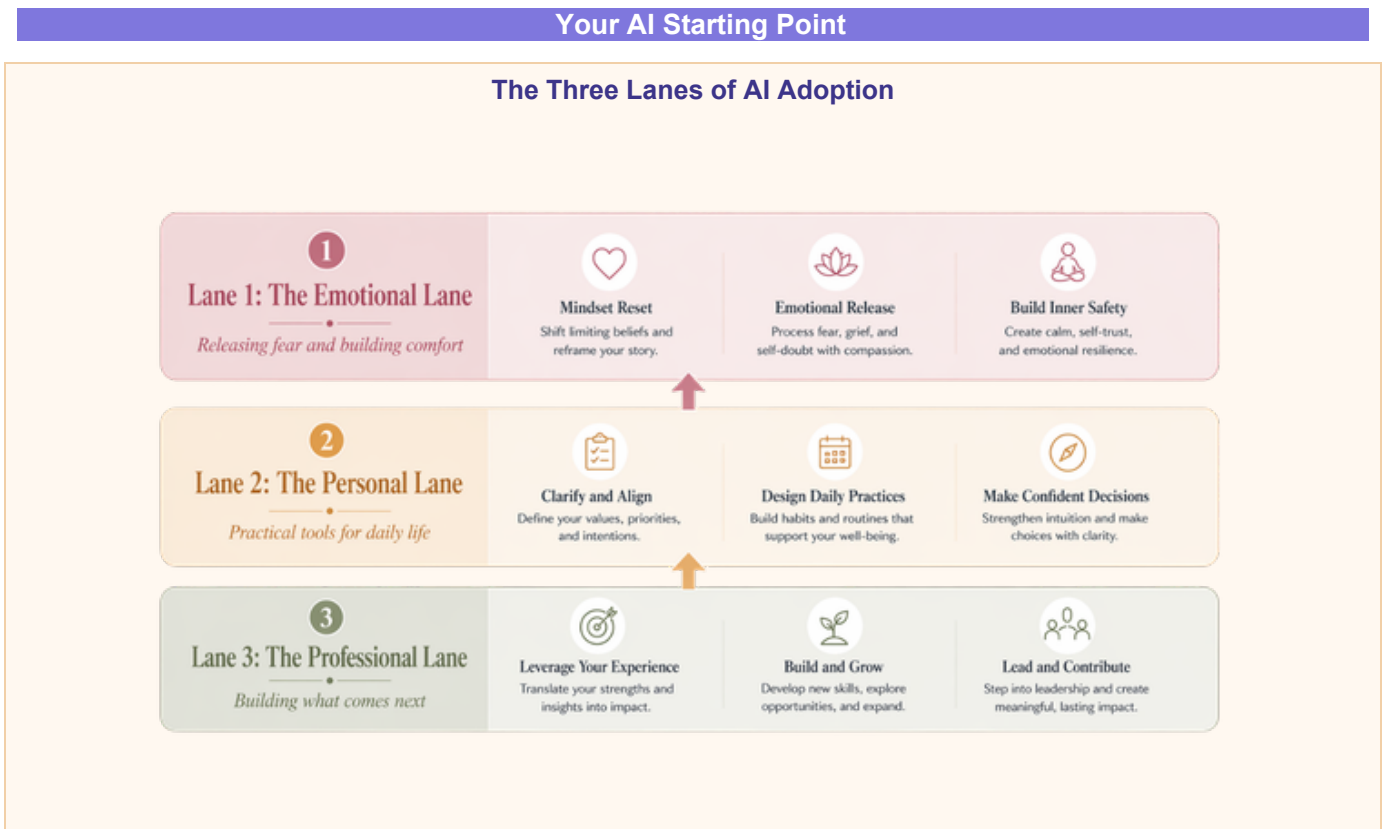
Why this and not something else (connect it to your path and purpose):

Where and how I am accessing it:

When I am committing to it (specific days and times):

How I will apply it immediately, not after I finish:

What I will have built or demonstrated within ninety days:



Where Are You in the Lanes Right Now?

- Lane 1: I am still building comfort with the idea of AI
- Lane 2: I have started using AI tools personally
- Lane 3: I am ready to apply AI professionally in my evolution

Your Thirty-Day AI Practice Plan

Each week builds on the last. Write what you will actually do in each week below.

Week One: Basic conversation. Ask one genuine question per day. What specifically will you ask about?

Week Two: Content creation. Draft something that matters to your evolution. What will you create?

Week Three: Research and planning. Use AI to research your field or path. What do you need to understand?

Week Four: Professional application. Use AI for one real task in your evolution. What is that task?

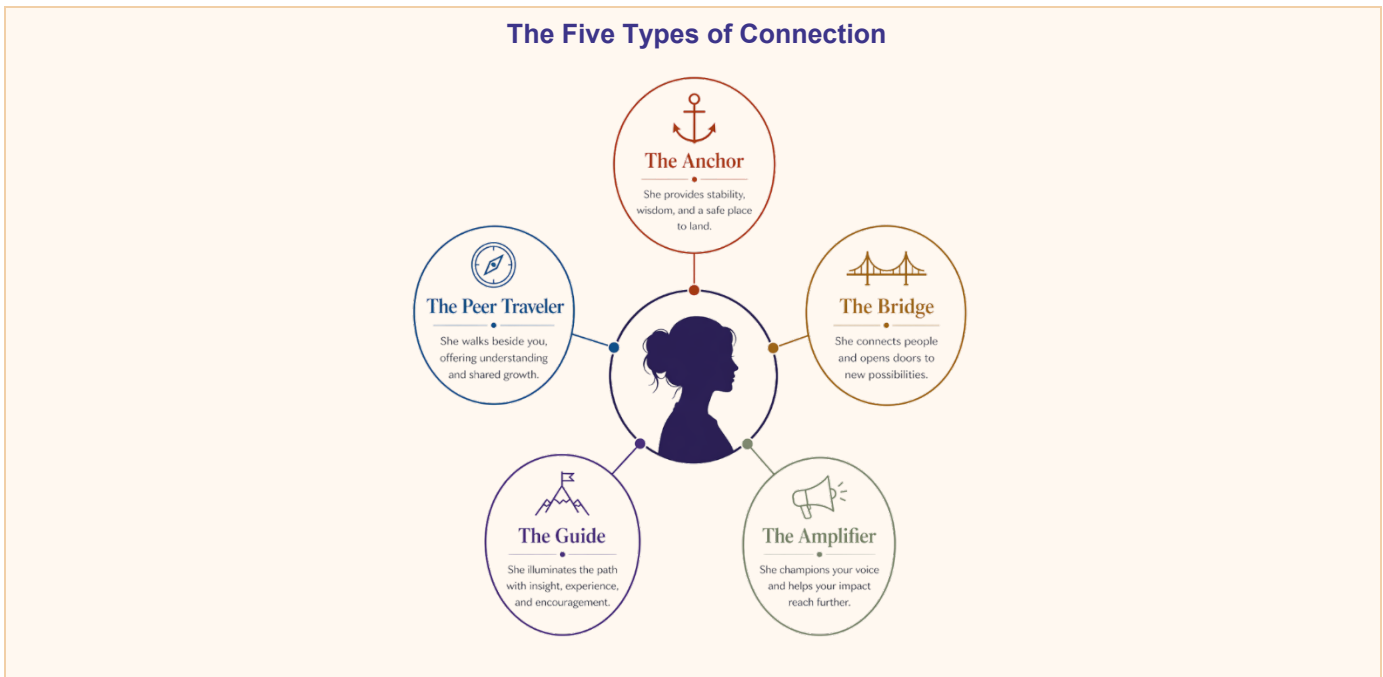
MY CLARITY

The learning investment that would most directly move me toward my chosen path right now is:

Network Like 50 Is the New 40

Activating what you have built and expanding it strategically

You have been building your network for decades. You have just not been thinking about it that way or using it with intention. This chapter changes that. By the end of this section you will have mapped your existing network, identified the gaps, and committed to thirty days of deliberate connection activity.



Map Your Network

For each connection type, name one to three specific people who fill or could fill that role in your evolution. Be honest about where the gaps are.

The Anchor (knows me well, believes in me genuinely, can speak to my capability):

The Bridge (exists in the domain I want to enter, can make introductions):

The Peer Traveler (navigating similar territory alongside me at a similar stage):

The Guide (has already done what I am trying to do, willing to share what they learned):

The Amplifier (can share my work, ideas, or story with their wider audience):

Your Thirty-Day Connection Plan

Consistency matters more than intensity. Write what you will specifically do each week.

Week One: Inventory and Reconnection. List 10 people. Send 5 genuine reconnection messages. What will you say?

Week Two: Curiosity and Research. Join communities. Identify Guides. Send one genuine outreach message. Who will you reach out to?

Week Three: Deepening and Contributing. Show up generously before asking for anything. How will you contribute?

Week Four: Intentional Expansion. Attend one event. Invest in one emerging connection. What will you attend?

Write Your Genuine Outreach Message

Use the template from Chapter Ten as a guide. Write your actual message to one specific person below, then send it today.

My outreach message to _____:

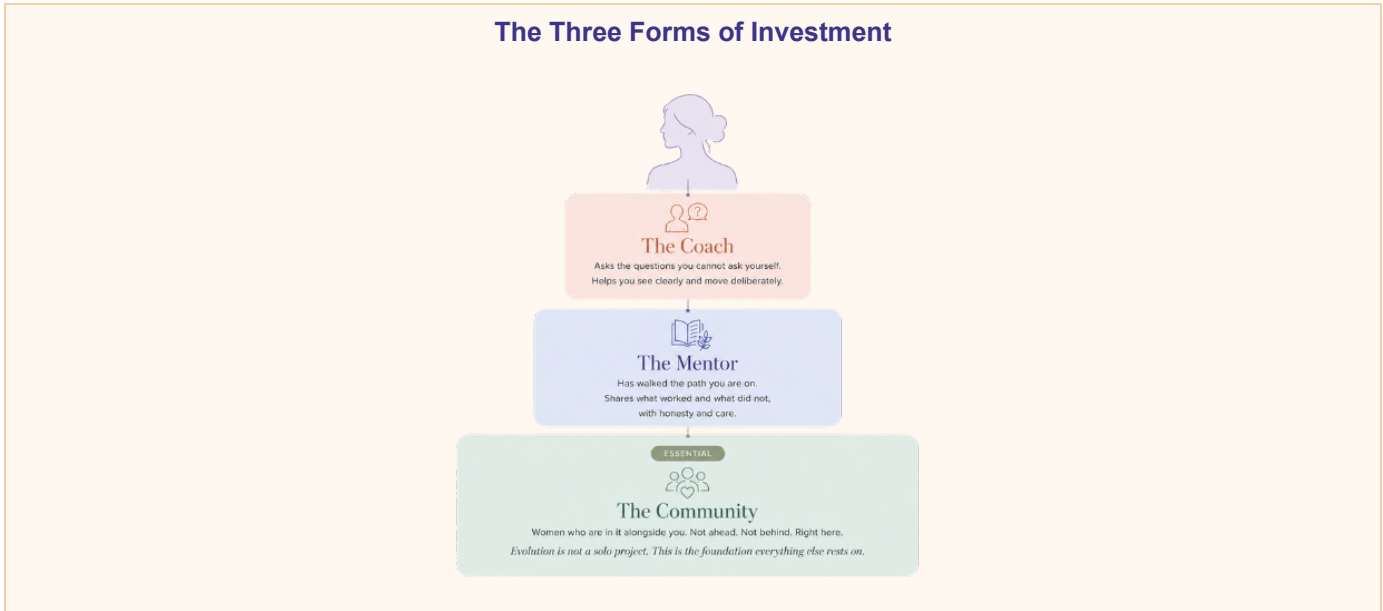
MY CLARITY

The most important connection I will prioritize in the next thirty days, and why it matters to my evolution, is:

The Cost of Becoming

Investing in Yourself and the Finances That Make It Possible

This chapter addresses two forms of investment: the relationships and support that accelerate your evolution, and the financial decisions that make it sustainable. Work through both sections with honesty. They are deeply connected.



The Three Forms of Investment

1. Which form of support do you most need right now: a coach, a mentor, or a community of peer travelers? What specifically makes that the priority?

2. What has been the cost, in clarity, momentum, or joy, of trying to navigate this evolution without adequate support?

The Worthiness Question

3. What belief about whether you deserve this investment is underneath any hesitation you feel? Write it down and then examine it honestly.

4. Where have you historically underinvested in yourself, and what has that cost you over time?

The Evolution Financial Planning Framework

Fill in each line as accurately as you can. Approximations are fine to start. Use the companion Financial Runway Calculator spreadsheet for full calculations.

Stage 1: Know Your Numbers

Monthly essential expenses (housing, food, utilities, transport, insurance, minimum debt)
\$ _____

Monthly actual expenses including all discretionary spending \$ _____

Total monthly income from all sources \$ _____

Total liquid savings (accounts you can access) \$ _____

Total liabilities (mortgage, car loans, credit cards, other debt) \$ _____

Monthly surplus or deficit (income minus actual expenses) \$ _____

Current runway in months (liquid savings divided by monthly essential expenses) _____ **months**

Stage 2: Build Your Runway

My runway target _____ **months (12 minimum, 18 to 24 ideal for a significant pivot)**

Two or three expense reductions that would meaningfully increase my monthly surplus:

Additional income opportunities available within my current situation:

Stage 3: Plan the Transition

The income trajectory of my first two years: where does income come from in each phase?

My break-even point: when will new income cover the new cost structure?

Healthcare and insurance plan during the transition:

Stage 4: Protect and Build

Current emergency fund balance (keep separate from runway) \$ _____

Emergency fund target (3 to 6 months of essential expenses) \$ _____

My monthly retirement contribution during the transition \$ _____

Financial Considerations by Path

5. Which path have you chosen (Pivot, Evolution, or Bloom Where You Are)? What does that mean specifically for your financial runway and risk level?

For the Woman Starting from Zero

My Phase One plan: Build the Floor. What income source will I establish and how will I begin saving?

My Phase Two plan: Build the Dream. What parallel building will I begin once income is stable?

My Phase Three plan: Make the Move. What milestones will tell me I am ready to transition?

The Partner Conversation

5. If you share finances with a partner, have you had the honest conversation about what your evolution means financially for both of you? If not, what is holding you back?

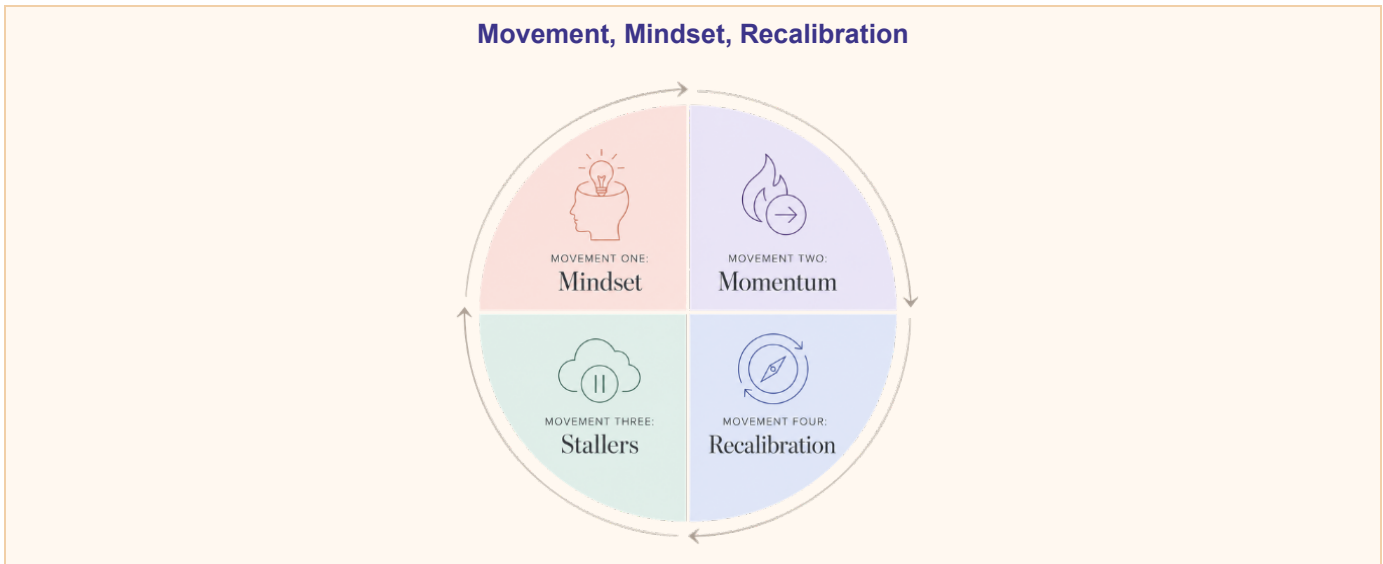
MY CLARITY

The investment I have been putting off that I now recognize as the most important on is:

The Long Game

Mindset, Momentum, and the Art of Coming Back

This is the chapter you return to whenever the going gets harder than expected. Work through it once now. Come back to it whenever you need to recalibrate, restart, or simply remember that you are not behind. You are in the long game.



Movement One: The Mindset That Makes It Possible

1. Where in your evolution have you been measuring progress by the wrong standard: comparing your pace to someone else's, or expecting linear movement in what is actually a spiral process?
2. What would it feel like to fully shift from urgency to intentionality in how you approach your evolution? What specifically would change in your daily experience?

Movement Two: Building Momentum

3. What is the one consistent weekly practice that would most move your evolution forward right now, even if it is small? Be specific enough to actually commit to it.
4. What structure would make that consistent practice sustainable in the life you actually have, not the one you wish you had?

Movement Three: What Stalls You and Why

Rate how actively each staller is present in your evolution right now (1 = barely noticeable, 5 = very strong):

Fear (of failure, of being wrong, of being seen trying) _____ / 5

Comparison (measuring your chapter three against someone else's chapter twelve) _____ / 5

Perfectionism (waiting until it is ready, qualified, or certain) _____ / 5

Isolation (navigating this without adequate support) _____ / 5

5. Which staller scored highest? What is one honest, concrete response to it this week?

6. In your first year of this evolution, what doubts or questions have been loudest? Are they warnings, or is the compass simply checking itself?

Movement Four: Recalibration as a Feature

Return to this section whenever you wonder if you are still on track. The answer is almost certainly yes. Let this help you see that clearly.

What is still true: My values and purpose that remain constant.

What needs updating: A strategy or approach that real evidence is telling me is not working.

What I have learned: Insights from actually being in the work that I could not have known from the outside.

What I need next: The support, resources, or adjustments that would make the next phase more sustainable.

7. Is there something in your current plan that is asking to be recalibrated? What would you adjust if you gave yourself full permission to update the map without abandoning your purpose?

8. Who is in your corner for the long game? Is your support system strong enough to carry you through the harder seasons? What is missing?

MY CLARITY

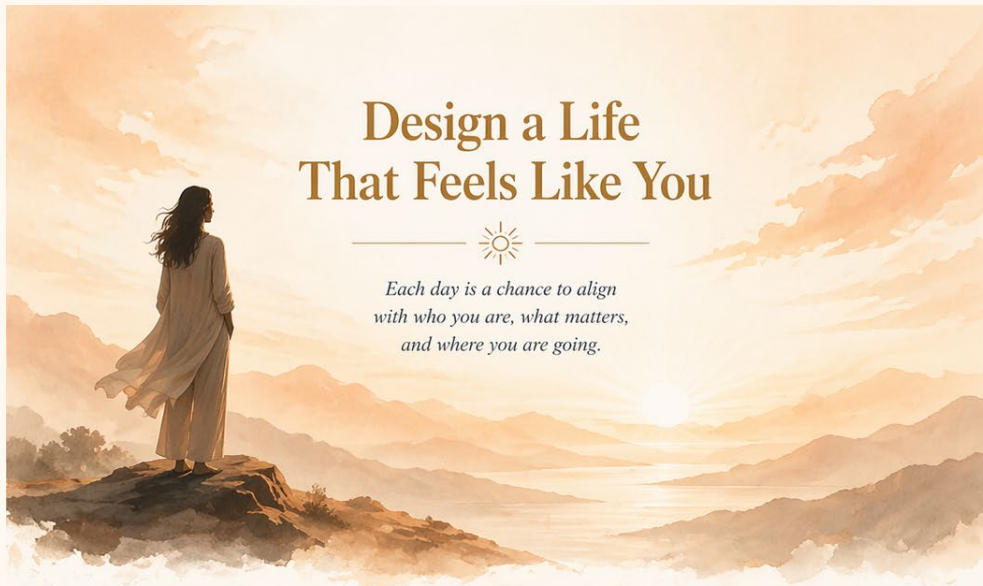
Recalibration is not a detour from my evolution. It is my evolution doing its most important work. What I am becoming more precisely is:

The Morning You Wake Up Different

Imagining and designing the life that is finally, fully, authentically yours

This is the chapter where you get to want things. Fully. Without editing. Give yourself permission to imagine the morning that is waiting for you on the other side of this evolution. Be specific. Be honest. Be generous with yourself.

Your Morning Vision



Design a Life That Feels Like You



Each day is a chance to align with who you are, what matters, and where you are going.



My Morning

What do I want to feel, focus on, and create today?



What It Will Take

What mindset, habits, resources, or support will help me move forward?



My First Step Today

What is one small, meaningful action I can take right now?



I AM BECOMING. I AM ALIGNED. I AM ENOUGH.

I choose me.

The Vision Exercise

Close your eyes if you are able. Imagine a morning twelve months from now. Something significant has shifted. You are beginning to sense the Bloom. Write every detail you can capture below. Make it specific, sensory, and honest. Do not worry about how you will get there yet. Just describe what is there.

Where are you? What does the space around you feel like?

What are you doing in the first hour of that morning and why does it matter to you?

Who are the people in your life and how do your relationships feel different from today?

What is the work you are bringing yourself to and what makes it feel genuinely yours?

What has changed about how you carry yourself through the day?

What It Will Take

Name three to five specific commitments you are making to bring that morning into reality. Make them real enough to be kept.

Commitment 1:

Commitment 2:

Commitment 3:

Commitment 4:

Commitment 5:

My First Step Today

Not tomorrow. Not this week. Today. The one action you will take before you go to sleep tonight.

My first step today:

*Return to this page regularly throughout your evolution. Read what you wrote. Notice what has changed.
Notice what has become real.*

MY CLARITY

The single most significant difference between the morning I am waking up to now and the morning I imagined is:

You Were Never Really Stuck.

You were getting ready.

Thank you for doing this work.

Every honest answer you wrote in these pages is a step toward the morning that is waiting for you.

Continue the journey at
www.thrivevibecreations.com

Live with Passion. Lead with Purpose. Thrive with Joy.