

A place to begin

Where I Want to Start

Give yourself a little uninterrupted time. The aim is to name what needs your attention and choose one action for the next seven days. You do not have to decide everything today.

What part of my life needs my attention right now?

What have I been accepting that no longer works for me?

What do I know for certain, and what am I assuming?

What do I need more of? What do I need less of?

What would taking myself seriously look like this week?

Choose a manageable commitment

One Place to Begin

Choose one change that matters to you. Make the first action specific enough to do this week. If the situation requires professional advice or safety support, seeking that help can be the action.

The change I want to begin is

It matters to me because

My first action is

I will do it at this time and place

If something gets in the way, a smaller useful action is

The person, information or support I may need is

Notice what happens

The Next Seven Days

Use this as a record, not a verdict on yourself. Note what you tried and what you learned. An honest adjustment is more useful than pretending a plan fits when it does not.

Day	What I tried	What I noticed
1		
2		
3		
4		
5		
6		
7		

What helped me act, and what got in the way?

What did I learn about what I need?

What will I continue or change next week?

This worksheet offers reflection and practical planning. It is not medical care, therapy or advice about whether to stay in or leave a relationship.

Keep your answers private. Use the page or write in a notebook.