A FREE GUIDED WORKBOOK

What Do I Want Now?

Six steps for women in transition to get clear on what's next, and take the first one.

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BEFORE YOU BEGIN

A note from Dana

Maybe a chapter is ending. Maybe the kids need you less, a role you held for years is changing, or a relationship looks different than it used to. Or maybe nothing is wrong, and something still feels off.

Transitions ask a question most of us were never taught to answer: *What do I want now?*

I've worked alongside women through these shifts since 2010. The ones who move forward don't wait for perfect clarity. They get honest about where they are, reconnect with what they value, and take one small step on purpose.

That's what this workbook is for.

With you in it,
Dana

How to use this workbook

1. Give yourself 45 minutes, or do one step a day this week.
2. Print it and write by hand. Writing slows you down enough to hear yourself.
3. There are no wrong answers. If a question stumps you, write "I don't know yet" and keep going.
4. Come back to it in a month. What you notice the second time often surprises you.

STEP 1

Name the shift

It's hard to move through something you haven't named. Check everything that fits, even if it feels small.

- ☐ A role is ending or changing (job, career, caregiving)
- ☐ A relationship is beginning, changing or ending
- ☐ A milestone birthday is here or coming
- ☐ I reached a goal, and it doesn't feel how I expected
- ☐ I've spent years meeting everyone else's needs
- ☐ My kids are growing up or leaving home
- ☐ I moved, or I'm thinking about it
- ☐ My body or energy is changing
- ☐ Nothing is wrong, but something feels off
- ☐ Something else: _____

In my own words, the shift I'm in right now is…

What I'm most afraid of losing is…

What I'm secretly hoping for is…

STEP 2

Keep, release, add

Change doesn't mean starting over. Look at your life as it is today, including your work, home, relationships, time and body, and sort what you find.

Keep

What's working and still feels like me

Release

What I've outgrown, or keep out of habit or guilt

Add

What's missing that I want more of

Look at your lists. Which one was easiest to fill? Which was hardest? What does that tell you?

STEP 3

What I value

Your values are your compass when the map changes. Circle the ten that feel most like you. Then narrow them to your top five.

○ Achievement	○ Adventure	○ Autonomy	○ Beauty	○ Calm
○ Community	○ Connection	○ Courage	○ Creativity	○ Faith
○ Family	○ Freedom	○ Fun	○ Growth	○ Health
○ Honesty	○ Humor	○ Independence	○ Learning	○ Love
○ Nature	○ Peace	○ Purpose	○ Recognition	○ Rest
○ Security	○ Service	○ Simplicity	○ Stability	○ Wisdom

For each of your top five, rate how fully you're living it right now, from 1 (barely) to 10 (fully).

MY TOP FIVE VALUES	LIVING IT NOW (1–10)	ONE WAY TO LIVE IT MORE

The biggest gap between what I value and how I'm living is…

STEP 4

From “have to” to “choose to”

Many of us carry a long list of things we feel we *have* to do. Some are true obligations. Many are choices we stopped noticing we were making. Seeing the choice gives you back your power, whether you keep the commitment or not.

I HAVE TO…	I CHOOSE THIS BECAUSE…	KEEP, CHANGE, OR LET GO?

“I have to” keeps you stuck. “I choose to” puts you back in charge, even when the answer stays the same.

One thing I’ve been doing out of obligation that I’m ready to rethink is…

STEP 5

A letter from one year ahead

Imagine it's one year from today. You made it through this transition, and you're living closer to what you value. Write a letter from that version of you to the you reading this now. Use the prompts if they help.

Prompts: What does an ordinary Tuesday look like? · Who's around you? · What did you stop doing? · What did you start? · What were you worried about that turned out fine? · What do you want to tell yourself right now?

Dear me,

STEP 6

One step this week

Clarity grows from action, not the other way around. Choose one small step you can take in the next seven days. Small is the point: a phone call, a conversation, a class, an hour on your calendar that belongs to you.

The one step I'll take in the next 7 days:

When I'll do it (day and time):

What might get in the way:

What I'll do if it does:

Who I'll tell, so someone is in my corner:

After you take your step, come back and write one sentence: what did you notice? That sentence is the beginning of your next chapter.

WHAT'S NEXT

You don't have to figure out the next chapter alone

The pages you just filled in are a strong start. Coaching is where they turn into a plan.

In a free 30-minute consultation, we'll look at what came up for you in this workbook and talk about what you want next. You'll leave with:

- A clearer picture of what's keeping you stuck
- One or two next steps that fit your life
- A sense of whether working together is right for you, with no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book · Bring this workbook to our call.

> *"She has been instrumental in the growth I have had with my self-confidence and communication skills... She also has given me practical tools to handle tough situations."*
>
> D.L., MIDLIFE WORKING MOM OF TWO

COACHING

Individuals and couples, in person in Lafayette, CA and online

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