



Next Chapter Life & Wellness Goal Planner

One small step toward something that matters

Every new chapter begins with a single focus. Something that quietly says, “I’m ready.” You don’t have to have it all figured out. Just start with one thing that brings you closer to feeling like yourself again.

What matters most

Before setting your goal, take a moment to notice what truly matters to you right now. This could be a feeling, a value, or a priority that keeps tugging at you.

The Goal

Write one goal that feels meaningful. It doesn’t need to be perfect or grand. Just real.

Why it matters

What would reaching this goal bring into your life? Think of the feeling behind it: peace, clarity, confidence, freedom.

Gentle steps forward

List a few simple steps that move you closer without adding stress.

1. _____
2. _____
3. _____

Closing reflection

Take a breath and read what you wrote. You don't need to do everything at once. You just need to start where you are. One honest step at a time.

With care and belief in your next chapter,

Cyndi

Next Chapter Life & Wellness
www.nextchapterlifeandwellness.com

Support that meets you where you are.

Your next chapter starts one small step at a time.

