

This worksheet helps intergrate the last few weeks into a simple map. It guides you through a process of reflection to identify what to keep, what to loosen, and what to accept, culminating in a practical 7-day experiment to foster sustainable change.

PART ONE: WHAT'S CLEAR?

1) Where I am

Write a short description of your current position, as it is.

2) What steadies me

List the supports that matter most right now, even if they are ordinary.

What feels fragile or under strain?

3) The gap I noticed

Name the gap in one sentence.

When I look at this gap, the feeling that tends to appear is:

"Respecting reality does not block change. It makes room for change that can last."

PART ONE: CONT...

What do you usually do with that feeling? For example, push harder, distract, blame yourself, get busy, shut down.

4) What my hesitation might be protecting

If your reluctance to change is protective, what might it be protecting?

What is the cost of changing too quickly?

PART TWO: KEEP, LOOSEN, ACCEPT

1) Keep

What needs to stay stable for you to function well?

Which routines, relationships, or commitments are supports that you do not want to disturb right now?

2) Loosen

What pattern costs you more than it gives back?

What is a smaller, safer version of loosening it? Not ending it, just softening it.

"Respecting reality does not block change. It makes room for change that can last."

PART TWO: CONT...

3) Accept

What might you stop arguing with for now?

What is real, even if you dislike it?

4) A simple decision rule

Complete these in your own words.

If I feel under-resourced, I will prioritise:

If I feel resourced enough, I will try:

PART THREE: 7 DAY EXPERIMENT

See this as a test, chosen with respect for your limits and your life.

1) The experiment

What is one small action that would make life 5 percent easier, calmer, or clearer?

"Change that lasts usually starts with an accurate description, not a bigger push."

"Respecting reality does not block change. It makes room for change that can last."

PART THREE: CONT...

Make it specific:

When:

Where:

How often:

What would "small enough" look like?

2) Cost check

What will this cost in energy, time, money, conflict, or disappointment?

What will you stop doing, or do less of, to make room?

3) Protection check

What part of you might resist this, and why?

"Honesty about limits is not giving up; it's choosing a pace you can keep"

"Respecting reality does not block change. It makes room for change that can last."

PART THREE: CONT...

What would help that part feel safe enough to allow a small test?

4) Support plan

Who or what could support you, quietly and practically?

What is one support you can set up today?

5) End of week review

At the end of seven days:

What changed, even slightly?

What did you learn about what you need?

What now? Circle one: Repeat / Adjust / Pause

If you adjust, what is the smallest change you will make?

When I respect my capacity, I make fewer promises and keep more of them..

"Respecting reality does not block change. It makes room for change that can last."