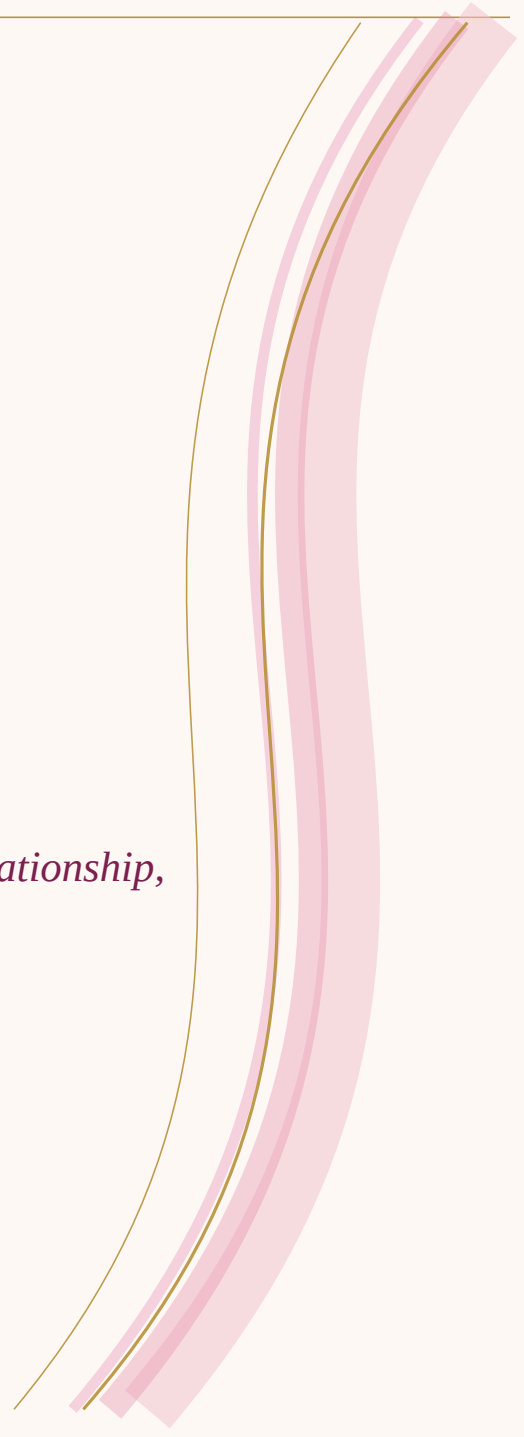




A GUIDED JOURNAL

Walk It Out

*For the thing you keep circling: a decision, a relationship,
a change you can't stop thinking about.*

SIX STEPS

- 1 Get quiet
- 2 Tell the messy version
- 3 Hear yourself
- 4 Explore your choices
- 5 Walk one choice forward
- 6 Take one small step

BEFORE YOU BEGIN

Bring the messy version.

Maybe you know something needs to change and have no idea where to start. Maybe you've been going around and around the same situation for a long time. Either way, you're in the right place. You don't need to have it figured out. You just need to be willing to be honest with yourself.

This journal walks you through one situation, whether it's a relationship, your work, or a change in your life, in six gentle steps. You'll get quiet, say what's really going on, hear what you actually want, look at your choices, walk one of them forward in your mind, and then take one small step.

Take your time. Do it in one sitting or spread it over a week. There are no right answers, and you can skip anything that doesn't fit. Each step has a little optional ritual if that feels good to you. If it doesn't, the work stands on its own.

One more thing: this isn't about fixing anyone else or deciding what anyone else should do. It's about getting clear on what's yours to choose.

Good to know

This journal is a personal-development tool. It isn't therapy, medical treatment, or addiction treatment, and it can't replace support from a qualified professional. If you're in crisis or thinking about harming yourself, call or text 988 (U.S.). If you're in a relationship where you don't feel safe, the National Domestic Violence Hotline is available at 1-800-799-7233.

STEP 1

Get quiet

Before you write, arrive.

Take two minutes. Put both feet on the floor and let your shoulders drop. Breathe in slowly through your nose for a count of four, and out through your mouth for a count of six. Do that three or four times. Then notice: what do you feel in your body right now? You don't have to change it. Just notice.

One word for how I'm arriving today:

The situation I'm here to look at:

One or two sentences is plenty. Keep it to one situation.

A little magic optional, always

Light a candle before you begin, or hold something that feels grounding, like a smooth stone or a crystal. Set an intention for this time in a single word, and write it somewhere you'll see it.

STEP 2

Tell the messy version

No editing. No making it make sense.

What happened, what hurts, and what keeps going around in your head?

Write it the way you'd tell a friend.

What I haven't said out loud to anyone:

A little magic optional, always

Write by candlelight if you like. When you're done, pull a single tarot card and ask, "What is this showing me about what I just wrote?" Treat it as a mirror, not a prediction.

STEP 3

Hear yourself

You know more than you think you do.

What do I actually want here, not what I think I should want?

What am I afraid will happen if I change something? What if I don't?

Where have I felt this before?

Look for the pattern. It might show up in other places.

What part is mine to change? What part isn't mine?

If my best friend told me this story, what would I tell her? What do I already know?

A little magic optional, always

Sit quietly with a hand on your heart, or hold a crystal, and ask, "What do I already know?" Write down the first thing that comes up, even if it surprises you.

STEP 4

Explore your choices

You don't have to decide yet. Just look.

Option A

What it would give me

What it might cost

Option B

What it would give me

What it might cost

Option C

What it would give me

What it might cost

An option I haven't let myself consider:

Which one pulls at me, even if it scares me?

A little magic optional, always

Pull one tarot card for each option, or hold a crystal while you read each one aloud. Notice what your body does. What feels like relief, and what feels like a clench?

STEP 5

Walk one choice forward

Imagine it, so it feels less like a leap.

The choice I'm walking forward:

The best that could happen:

What would most likely happen:

The hardest part:

Support that would help (people, tools, a plan B):

If it gets uncomfortable, I will:

A little magic optional, always

Light a candle for your courage. Say out loud, "I can handle this," and notice how it feels to say it. If it feels shaky, that's okay. Say it again anyway.

STEP 6

Take one small step

Small enough to actually do.

My one small step:

A conversation, a boundary, a decision, a first small action.

When I'll do it:

What might get in the way, and my plan for it:

When I'll come back to check in with myself:

A promise to myself:

A little magic optional, always

Write your small step on a slip of paper and tuck it under a crystal, or beside a candle, somewhere you'll see it. When you take the step, give yourself a moment of credit.

AFTER

Check in with yourself

Come back to this page after you've tried your step.

There's no pass or fail here. Any step counts, including deciding to pause.

What happened?

What did I notice about myself?

What did I learn?

What's my next small step?

ONE MORE THING

You just did something brave.

Looking honestly at your own life takes courage, and you just did it. Whatever you decide next, here's what I hope you take with you: the love, clarity, and worth you've been looking for in other people are already in you. Everything in this journal was just a way of hearing them.

If you'd like company on the next step, I'd love to talk. I offer a complimentary 25-minute conversation. No pressure, no pitch. Just a real conversation about what's going on and whether working together feels like a good fit.

[Add your booking link here]

Rooting for you,

Ann