

Small steps. A place to begin.

Three reflection tools for everyday life.

Use one at a time, in any order. You can skip any prompt.

01 Daily Check-In

Notice your feelings, needs, and one kind next step.

02 My Pattern & Next Step

Explore an everyday pattern and plan a small alternative.

03 Boundaries in Practice

Clarify a limit and practice putting it into words.

Print the pages you want, take a quiet moment, and use your own words.

These are educational reflections, not individualized counseling.

Daily Check-In

Take 5-10 minutes. Use a word, phrase, or sketch. You may skip any prompt.

1 / What is happening for me right now?

Name feelings, thoughts, or body sensations without judging them.

2 / What do I need today?

Examples: rest, connection, space, nourishment, clarity, or support.

3 / What is one thing I appreciate?

Something ordinary is enough. Mixed feelings can exist alongside gratitude.

4 / My next small step

I will _____ by _____. Who or what could help?

My Pattern & Next Step

Take 10-15 minutes. Choose a manageable everyday pattern; use a fictional example if preferred.

1 / The situation

What happened just before the pattern showed up? Use observable details.

2 / My usual response

What did I think, feel, and do? What did the response help me get or avoid?

3 / The impact

What happened right away? What was the longer-term effect?

4 / A different next step

What small response would better fit my values? What support or obstacle should I plan for?

5 / My practice plan

When _____ happens, I will _____. I will review it on _____.

Boundaries in Practice

Take 10-15 minutes. Choose a low-stakes situation. Practice is optional; passing is always okay.

1 / What matters to me here?

Name the need, value, or limit you want to protect.

2 / What is within my control?

Focus on your words and actions rather than controlling another person.

3 / Put it into words

Try: "I can _____. I am not available for _____. If that happens, I will _____."

4 / Plan for a response

If someone disagrees, how can I repeat my limit? What support might I need?

Safety note: If setting a limit could put you at risk, prioritize safety and seek trusted support rather than practicing direct confrontation.