HER TRUE PATH

LIFE CHANGED. NOW WHAT?

WANT vs CAN'T

A simple worksheet to help you work out what you really want, what's holding you back, and whether the **can't** is something you can solve.

1 WHAT DO I REALLY WANT?

If nobody else had an opinion, what would you choose?

2 WHY DOES IT MATTER?

Why do you want it? What could it give you or make possible?

3 WHAT'S HOLDING ME BACK?

Write down every 'can't', worry, practical problem and fear.

4 WHAT'S ACTUALLY TRUE?

Which 'can'ts' are real barriers - and which are things you could work out?

5. DOES THE WANT OUTWEIGH THE CAN'T?

You don't need every answer before you decide. Ask yourself: **Do I want this enough to work out the how?**

YES - I WANT IT	NO - IT'S NOT FOR ME	I NEED MORE INFORMATION

MY NEXT STEP

If the answer is yes, stop asking whether you should and start asking **how**. What's the first small thing you can do, find out, book, ask or research?

You don't have to see the whole staircase. You just need the next step.

DECIDE. IMAGINE. BUILD.