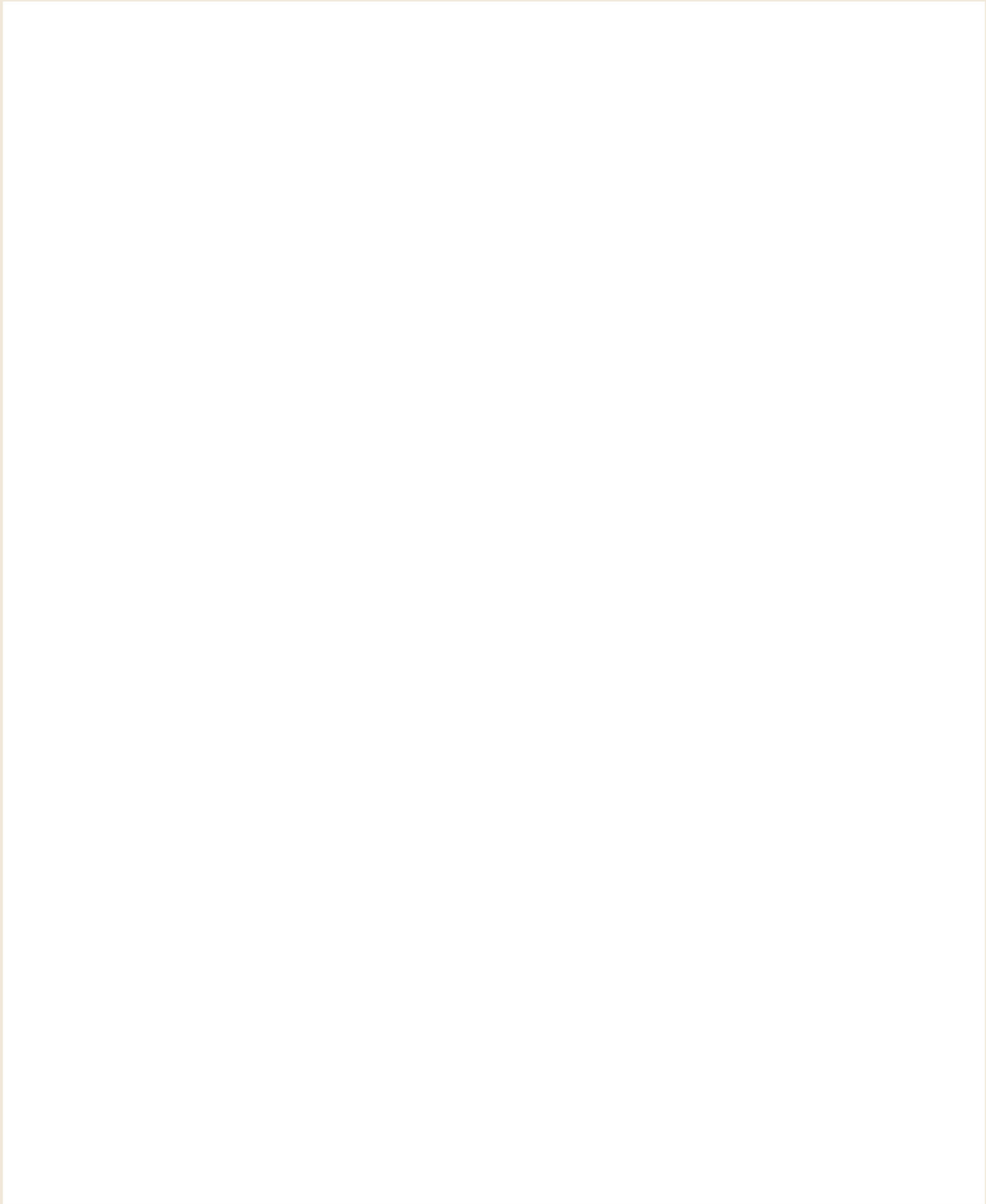


1. GET YOUR BEARINGS

What has brought you to this windowless room? What has been your journey up to this point? How're you feeling? What is in the room with you? Fear? Anxiety? Exhaustion?



2. EXPLORE WHAT QUESTIONS YOU'RE ASKING YOURSELF IN THIS WINDOWLESS ROOM

Are you wondering what's next? Are you uncertain of what it is you truly want anymore? Do you just feel so exhausted and drained from the journey that's led here?



3. EXPLORE WHAT YOU NEED TO BE OKAY IN THIS SEASON WHILE YOU'RE NAVIGATING THE WINDOWLESS ROOM

What do you need right now? And how can you actually give yourself what you need in this season?



4. CHOOSE YOUR NEXT PATH


Option 1: Follow the rabbit hole

Where is your curiosity leading you? How can you gently explore this next step in more depth?



Option 2: Go deeper into you

How can you reconnect to yourself, your core values, needs, and desires in this season?



Option 3: Go back to basics

What is the core vision guiding and shaping your work? How do you want to navigate your working life? What do you need to thrive? What are your core goals and priorities in this season? What would a joyful and meaningful business look like for you?



Option 4: Embrace the low key experiment

How can you gently get back into the arena and experiment with a next step that you're curious about?



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