



Your Next Chapter

A grounded starting point for rebuilding after a difficult season, one honest step at a time.

Start here

- 1 Notice what has changed and what you have carried.
- 2 Choose one value to guide this next chapter: peace, courage, connection, stability, joy, or truth.
- 3 Pick one small practice that supports that value this week.
- 4 Make a support plan: Who or what can remind me I am moving forward?

Keep close

- Starting again does not erase what happened.
- Progress can be quiet, uneven, and still real.
- I am allowed to build a life that feels like mine.

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