



REAL WOMEN. BRIGHTER NEXT CHAPTERS.

A NEXT CHAPTER CLARITY WORKBOOK

RECAST YOUR NEXT CHAPTER

*A practical clarity workbook for deciding what you want
now*

NOTICE • NAME • WANT • CHOOSE • TRY

with Jackie Rhodes

REAL WOMEN • BRIGHTER NEXT CHAPTERS

You do not have to know the whole answer yet

If you opened this workbook, there is probably something in your life that no longer feels right. You may not be able to name it yet. You may only know that the life you worked so hard to build is no longer fitting you the way it once did.

That does not make you ungrateful. It does not mean you have failed. And it does not mean you need to blow up your life and start over.

It may simply mean that it is time to stop, listen to yourself, and decide what you want now.

I am not going to tell you what your next chapter should look like. You have had enough people telling you what you should want, what you should tolerate, and what should be good enough. Instead, I am going to walk through a few honest questions with you, one at a time.

By the end, you will have a clearer picture of what is weighing on you, what you want more of, what needs attention first, and one realistic step you can test over the next 30 days.

You are not required to reinvent your whole life. You are allowed to begin by telling yourself the truth about one part of it.

Take your time. Write what is true, not what sounds wise. No one else needs to see your answers.

Five stops from uncertainty to a first step



This workbook follows a simple path. Each stop builds on the one before it. The progress marker at the top of each section will show you exactly where you are.

- 1 Notice** See your life as it feels now, beneath appearances and routines.
- 2 Name** Put honest words around what is draining, frustrating, or no longer fitting.
- 3 Want** Hear your own preferences again and describe what you want more and less of.
- 4 Choose** Identify the one area where change would create the most useful movement.
- 5 Try** Turn clarity into one safe, realistic 30-day experiment.

You can complete the workbook in one sitting, but you do not have to. Stop when you need to think. Return when you are ready. Progress is not measured by speed; it is measured by honesty.

STOP 1 NOTICE



Where am I now

Begin with the life you are actually living

Before deciding what needs to change, pause long enough to notice what is already true. Rate each area from 1 to 5 based on how it feels to you today.

1 means this area feels painful, confusing, or badly out of alignment. 5 means it feels steady, satisfying, and mostly like your own.

Area	Question	1–5
Work and purpose	Does the way I spend my working time still fit me?	_____
Money and security	Do I understand where I stand and feel able to make choices?	_____
Time and energy	Does enough of my time and energy belong to me?	_____
Relationships	Do my closest relationships feel honest and reasonably balanced?	_____
Identity	Do I recognize myself beyond the roles I fill for other people?	_____
Hope and possibility	Can I imagine a believable future I want to move toward?	_____

Which rating surprised me most?

Which area has been asking for my attention the longest?



The life beneath the appearances

What is true when no one needs you to say that you are fine

A life can look perfectly respectable and still feel wrong to the woman living it. You can appreciate what you have built and admit that part of it no longer works. Both things can be true.

The part of my life that looks fine from the outside but does not feel fine to me is...

Lately, I feel most like myself when...

I feel least like myself when...

If nothing changed during the next three years, the part I would regret most is...

*You are not judging your life. You are gathering the truth
you need to make a thoughtful decision.*



What is weighing on me

Give the pressure a name

Many women say they want a different life when what they first need is relief from the life they are carrying. Let us look at the weight before we decide what the answer should be.

Check anything that has been costing you more than you usually admit.

- ☐ Being the person everyone calls when something goes wrong
- ☐ Carrying responsibilities other adults could share
- ☐ Staying in work that drains me because change feels risky
- ☐ Worrying about money without having a clear picture of it
- ☐ Keeping the peace by staying quiet about what I need
- ☐ Feeling guilty whenever I choose myself
- ☐ Maintaining a role, relationship, or routine I have outgrown
- ☐ Waiting for permission, certainty, or the perfect time
- ☐ Punishing myself for choices I made with what I knew then

The heaviest thing I checked was...

I keep carrying it because...



The truth underneath the frustration

Move past the first answer

Frustration often protects a more specific truth. “I am tired” may mean “I am tired of being responsible for everyone.” “I need a change” may mean “I need to feel that part of my life belongs to me again.”

Finish these sentences quickly. Your first honest answer is often more useful than the answer you polish.

I am tired of...

I resent...

I miss...

I keep pretending that...

I wish someone would understand that...

What I have not wanted to admit is...



What belongs to me

Separate responsibility from habit and guilt

Not everything you carry is yours. Some responsibilities are genuinely yours. Some should be shared. Some became yours only because you were capable and no one else stepped forward.

Mine to carry	Ours to share	No longer mine

One responsibility I need to question is...

The conversation or boundary this may require is...

STOP 3 WANT



What do I actually want

Not forever Just more honestly than yesterday

It is often easier to name what you do not want than what you want instead. That is normal. After years of responding to what other people needed, your own preferences may feel quiet at first.

Do not search for one grand passion. Look for clues: relief, curiosity, energy, peace, interest, pride, freedom, connection, and the desire to feel useful in a way that does not use you up.

More of	Less of	Keep	Release

When I look across these four columns, what pattern do I see?

STOP 3 WANT



Which voice am I hearing

Separate your wants from inherited expectations

Some “shoulds” are useful. Others are old instructions that no longer fit your life. Read each statement you wrote on the previous page and ask whose voice is behind it.

- ☐ Is this something I genuinely want?
- ☐ Am I choosing this because I am afraid of disappointing someone?
- ☐ Would I still choose it if no one praised me for it?
- ☐ Am I assuming I have no choice when I have not explored my options?
- ☐ Is this protecting something valuable, or only protecting what is familiar?

A choice I have been making mostly from obligation is...

If I gave myself permission to choose differently, I might...

What I want is not selfish because...

STOP 3 WANT



Follow the clues

Your life has already shown you something

You do not have to invent a new version of yourself. Look for moments when you already felt more awake, capable, peaceful, curious, or fully present. Those moments contain information.

A time I felt proud of myself—not because someone needed me, but because I liked who I was—was...

Something I used to enjoy before life became so full was...

A subject, activity, place, or idea that still pulls at my attention is...

People I quietly envy are often free to...

If I could add one ordinary thing to my week, it would be...

Desire does not always arrive as a dream. Sometimes it arrives as relief when you imagine doing one thing differently.

STOP 4 CHOOSE



What needs to change first

Choose the first door not the whole destination

You may now see several things you want to change. Trying to address all of them at once would probably send you back into overwhelm. The question is not “What should I fix about my whole life?” It is “Where would one honest change create the most useful movement?”

List up to four possibilities. They can be practical, emotional, financial, relational, or personal.

1. One change I could consider is...

2. One change I could consider is...

3. One change I could consider is...

4. One change I could consider is...

Now circle the possibility that creates the strongest combination of relief, importance, and personal control. It does not have to solve everything. It only needs to be the right place to begin.

STOP 4 CHOOSE



A decision you can explain to yourself

Test the priority before you commit

Use a 1-to-5 score. A higher score means the change matters more, is more within your control, or is more practical to begin now.

Possible change	Relief	Importance	My control	Can test safely	Total
	—	—	—	—	—
	—	—	—	—	—
	—	—	—	—	—
	—	—	—	—	—

The change I am choosing to explore first is...

This matters now because...

The smallest useful sign of progress would be...

What is in my control

Protect the decision from all or nothing thinking

A good next step should not depend entirely on another person changing, approving, apologizing, or cooperating. Other people may affect the situation, but your first move needs to belong to you.

What I can control is...

What I can influence but cannot control is...

What I may need to accept, release, or work around is...

The fear most likely to stop me is...

If that fear appears, I will remind myself...



My 30-Day Experiment

Gather evidence before demanding certainty

You do not need to make a permanent decision today. A 30-day experiment lets you learn from real life instead of trying to think your way into perfect certainty.

A useful experiment is small enough to begin, safe enough to reverse, specific enough to measure, and meaningful enough to teach you something.

For the next 30 days, I will try...

I am doing this to learn whether...

I will begin on...

The time, money, or support I need is...

I will know this is helping if...

If I miss a day or have a difficult week, I will restart by...

Four weeks of evidence

Notice what changes instead of grading yourself

This is not a test of willpower. You are gathering evidence about what gives you energy, what creates resistance, what needs adjustment, and what you want to continue.

Week	What I tried	What I noticed	What I will adjust
1			
2			
3			
4			

At the end of 30 days, I will decide whether to continue, adjust, pause, or choose a new experiment because...

YOUR PROGRESS



Look at what became clearer

Return to the beginning and notice what changed

You began with the feeling that something needed to change. You do not need every answer now. You only need to notice what you understand that you did not understand before.

Question	When I began	What I know now
How clear do I feel?		
What is really bothering me?		
What do I want more of?		
What needs attention first?		
What will I try next?		

The answer that changed most for me was...

The truth I do not want to forget is...

What I know now

A one page record of the direction I found

What I want to keep

What I am ready to release

What I need more of

What needs to change first

My 30-day experiment

The date I will review what I learned

My promise to myself:

I will not abandon what I learned here by...

You found a place to begin

When you opened this workbook, you may have hoped it would hand you an answer. I hope it did something more useful: helped you hear your own answer more clearly.

You have named what is weighing on you. You have separated at least some of your wants from your obligations. You have chosen one area to explore and designed a next step that does not require you to gamble your whole life on a single decision.

That is not a small accomplishment. It is how a life begins to feel like your own again—not through one dramatic reinvention, but through a series of honest choices you are willing to act on.

*Keep the wisdom. Release what no longer belongs to you.
Choose what comes next on purpose.*

Over the next several emails, I will continue walking with you through the questions that often surface after this kind of clarity: money, responsibility, identity, regret, work, relationships, and the practical choices that shape a brighter next chapter.

For today, do not rush past what you discovered. Put your Clarity Map somewhere you will see it. Then take the first step you wrote down.

Jackie
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