

# Your next-steps plan

to help you get more of that "I feel like me today" feeling!

# Where do you want to get to...

Today is all about getting even clearer on what it is that you want in your future; how you can get more of that "I feel like me today!" feeling.

# Timeline

Timeline

A vertical timeline structure consisting of a dashed line on the left side and a series of horizontal lines for notes. The dashed line is composed of 15 vertical segments. The horizontal lines are arranged in a column to the right of the dashed line, providing space for writing.

Strengths,  
resistances,  
missing resources:

Your goal

Notes...

I've loved creating this for you, inspired by a number of values exercises which I've found incredibly useful, and I'm sharing it with you as part of Reclaim your Spark.

If you know anyone else who would enjoy my work please do ask them to sign up to my weekly-ish letters at [www.sarahlynas.co.uk/letters](http://www.sarahlynas.co.uk/letters) where they'll be first to hear about new launches, free resources & other opportunities to work with me.

This helps me to grow my business & help more people!

*Thank you!*