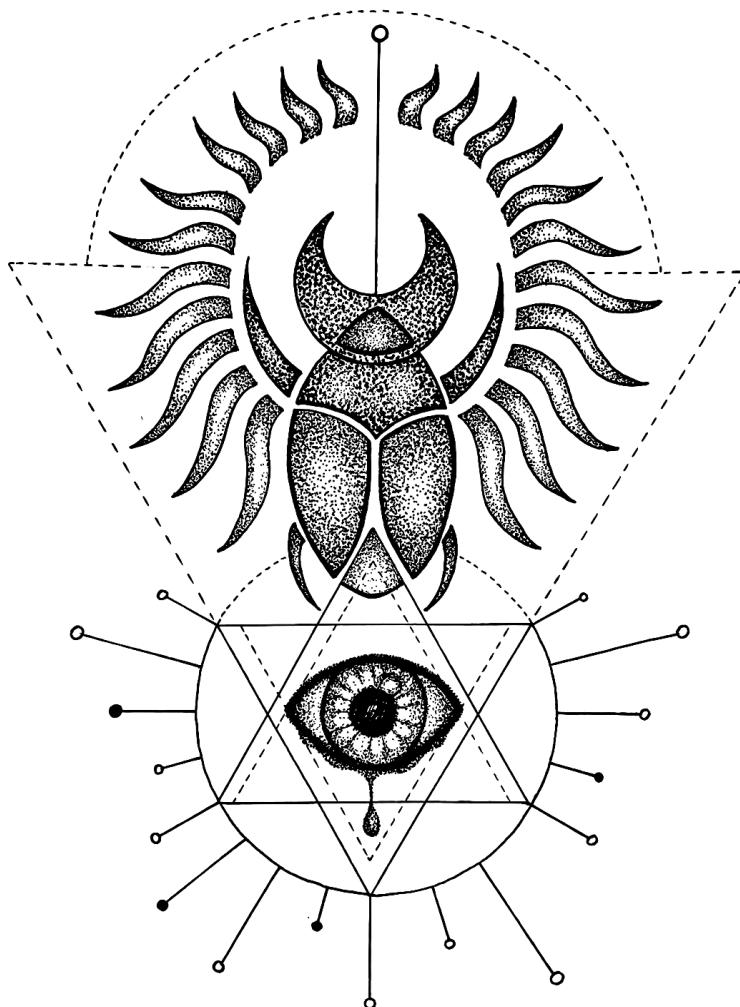


what's Next, Tho?

THE "You'll figure it out eventually" JOURNAL



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Disclaimer: This is your space to reflect and explore — not a replacement for professional help. The author and publisher can't be held responsible for your life choices (but we do cheer for you).

Introduction



There are moments when the path ahead feels uncertain — not because you are lost, but because you are standing at a threshold, and life is inviting you to pause and listen. This journal is created for those moments.

What's Next, Tho? is a gentle companion for times of uncertainty, transition, or quiet inner questioning. It is for when you feel called toward change, yet unsure of what that change should look like. When your mind is full of possibilities, doubts, or conflicting voices — and what you long for most is clarity.

This is not a journal for forcing answers.
It is a space for listening.

Through spiritual reflection paired with practical clarity, this journal helps you move from uncertainty into aligned action — one thoughtful step at a time. Instead of asking you to plan your entire future, it invites you to focus on what truly matters right now: the next step that feels honest, grounded, and supportive of who you are becoming.

The journal includes a **reality-check chapter** — the part that gets annoyingly honest when reflection starts turning into avoidance. It calls out overthinking and unnecessary drama with the clarity of a friend who cares enough to tell the truth and keep you moving.

Here, reflection is not the destination. Each prompt is designed to bring you back into contact with your intuition and values, and then translate that awareness into small, meaningful actions you can take in real life.

You do not need to be certain.
You do not need to be fearless.
You only need to be willing to listen — and move when it's time.

This journal honors both the spiritual and the practical: the quiet inner voice and the tangible step forward. It is designed to meet you where you are — whether you are navigating a decision, beginning a new chapter, or simply feeling the pull toward something more aligned.

You may return to these pages whenever you feel unsure.
Each time, clarity will meet you differently.

How to Use This Journal



There is no right or wrong way to complete the pages — you only need honesty and a willingness to pause.

Let it support you in a way that feels natural to your rhythm.

Create a Little Distance

Some prompts may feel direct or uncomfortable. That's intentional. Try not to take them personally — take them honestly. A bit of distance helps you see patterns clearly, take responsibility where it's yours, and move forward without self-judgment.

Begin with Presence

Before writing, pause for a moment. Take a few slow breaths. Allow yourself to arrive fully. This journal works best when approached with openness rather than urgency.

Use One Prompt at a Time

Each prompt is designed to stand on its own. You may move through them in order or open to the page that calls to you. Trust your intuition — it often knows what you need before your mind does. Thoughts, feelings, and even unfinished ideas are welcome. This is your private space.

Write Honestly, Not Perfectly

You are not meant to impress or perform here. Let your answers be real, simple, and unfinished if needed. Clarity often emerges through honesty, not perfection.

Focus on the Next Step

This journal is not about solving everything at once. After reflecting, look for one small, aligned action — something you can do today, this week, or in the near future. Small steps create momentum.

Return Often

Uncertainty is not a failure — it is part of the journey, and growth. You may revisit the same prompts multiple times as your perspective shifts. Each return brings new insight.

Honor Both Stillness and Action

Some pages may lead you toward movement. Others may guide you toward rest, release, or patience. All of these are valid forms of progress, and important steps forward.

Use the pages as a bridge between inner reflection and thoughtful action — a space to notice, listen, and move forward with clarity.

Arriving (Grounding the Mind)

Purpose: Slow down nervous system & racing thoughts.

Right now, my mind feels:

- Busy
- Heavy
- Scattered
- Numb
- Calm
- Other:

Before you do anything else, take 3 slow breaths.

What made me open this journal today:

What feels loud in my mind right now:

Return to this page whenever you feel uncertain.



Naming the Real Block

“What’s Actually Stopping Me”

Feeling stuck often comes from one specific fear or belief, not everything at once. Naming it clearly can soften its grip.

The main thing slowing me down right now is:

This feels hard because it reminds me of:

If this block could speak, it would say:

Return to this page whenever you feel uncertain.



Express yourself

Your reflection space



What's Holding My Attention

Some come from fear, some from fatigue, some from misalignment. Identifying the type reduces self-blame and sharpens the next step. Clarity begins when we gently name what is already present.

It feels most like:

- A decision waiting to be made
- A task I keep avoiding
- An emotional block
- A lack of energy
- An ending or transition
- Something unfinished

I feel drawn to address this because:

The situation or area of life that feels unresolved is:

If I'm honest, the most challenging part of this situation is:

Return to this page whenever you feel uncertain.



Inner voice space

Your reflection space



Fact or Fear?

Our minds fill gaps with stories when we don't have certainty. This exercise helps you separate what's real from what's imagined.

What I know for sure in this situation is:

What I'm assuming or predicting is:

One assumption I could question is:

Return to this page whenever you feel uncertain.



Thoughts that matter

Your reflection space



Your reflection space



Inner Compass Check

Close your eyes. Take a deep breath and imagine your heart as a compass.

Ask: "What is the smallest step I can take that aligns with my soul's truth right now?"

Write down your answer, no matter how small.

My smallest aligned next step is:

I feel called to take it because:

Return to this page whenever you feel uncertain.



Space to dream

Your reflection space



Your reflection space



Clear the Channel

Action sometimes means removing what blocks insight, not adding more effort. Space allows guidance to surface.

One thing I can pause, cancel, or simplify today is:

When my life feels less noisy, I tend to notice:

Creating space would support my next step by:

Return to this page whenever you feel uncertain.



Personal discoveries

Your reflection space



Lowering the Bar on Purpose

Action becomes possible when the bar is low enough to step over. You're allowed to make things easier. It's not a failure of ambition, it's choosing a step you can actually take instead of one that only looks good in theory.

Ease creates movement, and movement creates clarity.
Start where you are, not where you think you should be.

I've been telling myself this needs to be:

A much easier version of this would be:

If I gave myself permission to half-try, I would:

Return to this page whenever you feel uncertain.



Notes from the heart

Your reflection space



Your reflection space

