



single step workbook



Hello!

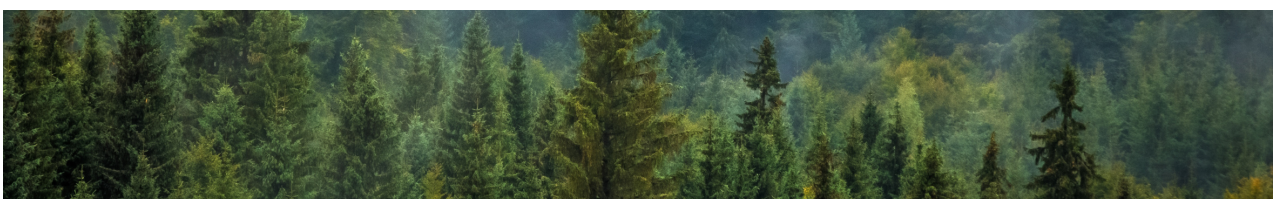
Writing often helps to keep a memory of what comes to mind when we focus on finding a solution to a problem.

I thought that maybe you find this workbook useful. to do just that. Feel free to print it and use it as you find fitting.

Please keep in mind that what you will find on the next pages is not a recipe to be blindly followed - as every path arises while it is walked, the unexpected is always to be expected.

I wish you all the best!

Ania





single step

What would you like to do as your step?

What do you want to do in the upcoming days?

Which of the above is most possible?

What/who can help you?

What/who can disturb/stop you?

What will happen if you won't be able to do it?

You will learn from it



step tracker

On the next pages, you will find worksheets that can help you move towards making a single step in your journey.

This is a one-week plan, but feel free to print as many copies of those pages as you find useful.

Remember - don't rush yourself.

Take all the time you need. This is the only way to make sure, you are doing things with the attention and focus they deserve.

STEP TOWARDS

How will you know it was reached?

What can stand in your way?

What can help?

How will you know it did not work out?

WEEK OF _____

M O N D A Y

T U E S D A Y

W E D N E S D A Y

T H U R S D A Y

F R I D A Y

S A T U R D A Y

S U N D A Y

MONDAY

TODAY'S SCHEDULE

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21 _____
22 _____

WHAT FELT GOOD TODAY

DATE:

SELF-CARE

1 _____
2 _____
3 _____

IMPORTANT STEPS TO TAKE

NOTES

TUESDAY

TODAY'S SCHEDULE

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22 _____

WHAT FELT GOOD TODAY

DATE:

SELF-CARE

1 _____
2 _____
3 _____

IMPORTANT STEPS TO TAKE

NOTES

WEDNESDAY

TODAY'S SCHEDULE

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WHAT FELT GOOD TODAY

DATE:

SELF-CARE

1 _____
2 _____
3 _____

IMPORTANT STEPS TO TAKE

NOTES

THURSDAY

TODAY'S SCHEDULE

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WHAT FELT GOOD TODAY

DATE:

SELF-CARE

1 _____
2 _____
3 _____

IMPORTANT STEPS TO TAKE

NOTES

FRIDAY

TODAY'S SCHEDULE

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WHAT FELT GOOD TODAY

DATE:

SELF-CARE

1 _____
2 _____
3 _____

IMPORTANT STEPS TO TAKE

NOTES

SATURDAY

TODAY'S SCHEDULE

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WHAT FELT GOOD TODAY

DATE:

SELF-CARE

1 _____
2 _____
3 _____

IMPORTANT STEPS TO TAKE

NOTES

