

One small next step

A place to begin

You do not have to sort out your whole life today. Begin with what is here, the support around you, and one step that feels possible.

Take your time. A few words are enough. Skip any question that does not feel helpful.

01 Notice what you are carrying.

What feels most present in my life right now - and what deserves a little care?

You might name a change, a loss, a relationship, a question, or something you are grateful for. A few words are enough.

02 Recognize the support around you.

Who or what helps me feel connected, grounded, or understood?

Consider a trusted person, your faith, a daily practice, or a community already supporting you. What would help you stay connected to that support?

03 Choose one small next step.

What is one manageable action I can take this week to care for myself or connect with support?

You might reach out to someone you trust, make time for reflection, or ask about a community resource. Choose something that fits your circumstances.

Original IOH reflection for personal growth and encouragement; not an assessment or therapy. Continue drawing on the people, professionals, and communities that support you.