

N – Notice

Pause... and simply notice. Before something new begins, there are whispers for our attention.

What has been quietly calling to me lately?

E – Explore

Curiosity is your compass. You don't need to know the destination, just be willing to explore.

What am I curious enough to explore without needing all the answers?

X – eXpand

Small steps create big change. Your next journey doesn't begin with a giant leap, it begins with one brave step.

What's one small action I could take this week?

T– Take Action

Your future is created one choice at a time. Imagine looking back a year from now with gratitude for beginning today.

If I trusted myself, what would my next chapter look and feel like?
