

Back to yourself.

A quiet space to notice the moment, name your needs, and reflect.



Take your time.

You can skip any prompt.

There are no right answers.

Keep this worksheet private.

01 / THE MOMENT

What happened? Write only what you observed.

02 / THE STORY

What are you assuming? What is still unknown?

03 / THE FEELING

What words describe how you felt?

Choose your next step.

A quiet space to notice the moment, name your needs, and reflect.

Focus on your own experience. You do not have to guess someone else's thoughts.

04 / THE NEED

What did you want or need in that moment?

05 / THE WORDS

What would you like to say or ask?

06 / THE NEXT STEP

What is one small step within your control?
