



MENTORSHIP • GROWTH • WELLNESS

LEARN. EXPLORE. TAKE THE NEXT STEP.

A GUIDE FOR YOUR NEXT MOVE



**GROWTH DOESN'T ALWAYS START
WITH A BIG DECISION.**

Sometimes it starts with one question,
one resource, or **one small action.**

“Learn. Explore. Take the next step.”

You don't need to know the whole path.

You only need to choose what comes next.



CONTINUE THE PRACTICE



3 WAYS TO MOVE FROM LEARNING TO ACTION

A simple reflection guide for the week ahead.

01

LEARN

Choose one area where more knowledge could support your growth.

What do I want to understand better?



TRY:

Read • Listen • Ask

02

EXPLORE

Find a resource, person, idea, or opportunity beyond what you already know.

What new possibility is worth exploring?



TRY:

Search • Connect • Discover

03

TAKE THE NEXT STEP

Turn what you learned into one realistic action you can take this week.

What is one thing I can do today?



TRY:

Write it down • Set a date • Begin

A GENTLE REMINDER

You don't have to change everything at once.



Choose one small step from this guide and give yourself permission

to begin.



THIS WEEK, ASK YOURSELF:

What is one thing I can do today to take better care of my growth?

