
FLOWZ360

My Next Chapter Checklist

A fillable + printable guide to reflect, reset, and imagine what comes next.

REFLECT

RELEASE

REIMAGINE

BEGIN

There is no perfect way to begin again.

Sometimes the next chapter starts with one quiet question:

What do I want now?

Type into the fields, click the checkboxes, save your copy - or print and write by hand.

Before You Begin

This is not about having every answer. Use these pages to notice what feels complete, what still matters, and what you would like to make room for. Your answers are allowed to change.

Right now, I feel...

- ☐ Excited about what is ahead
- ☐ Ready for a change
- ☐ Unsure of what I want next
- ☐ Tired and in need of space
- ☐ Curious about new possibilities
- ☐ Grateful for where I am

In this season of my life, what is taking up the most space in my mind?

If I could give myself one thing right now, it would be...

1. Reflect on Where You Are

Before deciding where to go, take a moment to recognize the life you have already lived.

What am I most proud of?

What have the last few years taught me about myself?

What parts of my life still feel deeply meaningful?

What no longer fits the person I am becoming?

2. Make Room

A new chapter often needs space. This does not mean changing everything. It can simply mean choosing what deserves less of your time and energy.

I am ready to release...

- ☐ Obligations I have outgrown
- ☐ Clutter or possessions I no longer need
- ☐ Habits that leave me depleted
- ☐ Fear of disappointing other people
- ☐ The idea that I am too late to begin something new
- ☐ A version of success that no longer feels like mine

One thing I can say "no" to more often:

One thing I want to protect more carefully:

One thing I am finally ready to stop carrying:

3. What Do You Want More Of?

Check anything that feels alive for you. There is no need to make it practical yet.

- | | | |
|---|------------------------------------|---------------------------------------|
| ☐ Freedom | ☐ Travel | ☐ Rest |
| ☐ Friendship | ☐ Adventure | ☐ Creativity |
| ☐ Financial confidence | ☐ Learning | ☐ Movement |
| ☐ Spiritual connection | ☐ Home | ☐ Nature |
| ☐ Purpose | ☐ Fun | ☐ Independence |

Three experiences I would love to have in the next 12 months:

If money, age, or other people's expectations were not deciding for me, I would...

4. Build the Life Around the Feeling

Sometimes a goal is really a feeling in disguise. Instead of asking only what you want to achieve, ask how you want your ordinary days to feel.

I want my days to feel...

☐ Peaceful

☐ Spacious

☐ Energized

☐ Connected

☐ Curious

☐ Secure

☐ Creative

☐ Playful

☐ Purposeful

My ideal ordinary morning would look like...

I would like to spend more of my time on...

The people, places, and routines that make me feel most like myself are...

5. A Gentle Money Check-In

Your next chapter does not need to be expensive, but feeling clear about money can create choices. This is a personal reflection tool - not financial advice.

- ☐ I know approximately what I spend each month.
- ☐ I know what income I can reliably count on.
- ☐ I have an emergency cushion or a plan to build one.
- ☐ I know which expenses I would happily reduce for more freedom.
- ☐ I have identified one financial goal for the next 12 months.
- ☐ I know when I need professional financial, tax, or legal guidance.

One money goal that would give me more peace or freedom:

One small action I can take toward it this month:

Financial independence is not only about having more. It can also be about needing less, choosing deliberately, and knowing what is enough for you.

6. Choose Your First Three Steps

You do not need a five-year plan. Choose three actions small enough to begin.

Step 1

What I will do

When

Step 2

What I will do

When

Step 3

What I will do

When

For this next chapter, I give myself permission to...

One year from now, I hope I can say...

*You are allowed to build a life that fits who you are now -
not only who you have been.*