



A small start for your next chapter

A message to write? Something to organize? An interest to explore?
Paste this into an AI chat:

Help me with one small thing from my own life.

Start by asking: "What would you like to make easier today, or enjoy getting started on? A sentence or messy notes are enough."

After I answer, ask at most one follow-up if needed. Then make something I can use: a message, a short plan, or a first draft. If it's a big task, make one useful small piece now.

Keep it brief. Use my details; don't invent facts about me. Ask what I'd like changed.

Before using it: Does this fit my situation? What needs changing?
Check the details and make it yours.

Aim for something you want to keep or use. Share only details you are comfortable sharing. Five minutes is a starting budget; setup may take longer.



Make the result fit your life

Build on your first result. A message can become preparation for a conversation; an idea can become a first small session with a hobby.

Let's build on the result above. Here's what was useful, what didn't fit, and what I'd like to finish: [a few words].

Ask up to three short questions, one at a time, about details that would improve it, including practical limits. Then help me finish a version I can use. Keep my preferences and commitments intact. Flag missing facts instead of guessing.

Give me a short instruction I can save to get similar help another time.

Stay in the same chat, or paste your earlier result into a new one. Change anything that doesn't sound like you or fit your circumstances.

Leave with a version you can use. Save the instruction if you want similar help again.

If the first task didn't help, choose another. The hour is time available to you, not time you have to spend.



Use it for something that matters

Put your result to use when it makes sense. Send the message yourself, try the creative activity, or work from the plan. A draft saved until you need it counts too.

Did it help in your actual life?

You decide what matters: a conversation that feels easier, a clearer next step, something enjoyable, or a little less on your mind.

Optional: This helped me ... Next time I would change ...

Type in a compatible PDF reader and save a copy, or write by hand. You can also skip the note.

The useful result is yours. You don't owe anyone a completed worksheet.

Busy-day version: save what helped and leave a few words about where to pick up.



Keep what helps. Make room for interest.

Reuse something that helped in another real situation. If you want to explore further, start with something you would like more room for.

Here's what helped this week: [a sentence]. Something I'd like more room for is [an interest, goal, or part of life]. I can give it [time] and [budget, including zero].

Suggest two small things I could make or try with your help. Explain how each connects to what I told you. Let me choose before developing either one. If you need one important detail, ask first.

Optional: What I want to keep or try next

Enjoyment counts. A hobby, an easier routine, or a creative project can be enough.

A second project is optional. Keep, change, pause, or stop based on what helps you. No streak required.



Choose a direction from your experience

Look at what you used, enjoyed, or wanted to return to. One or two attempts can be enough to choose a tentative direction.

Help me choose what deserves more of my attention.

Here's what I've tried, what helped or interested me, and what didn't: [rough notes]. Here's what I'd like more of in my life and what I need to protect: [a few words].

Suggest up to three directions. For each, explain what in my experience supports it, what is uncertain, and one small way to test it. Ask about an important gap instead of guessing. Help me compare; let me choose.

A direction I want to explore, and why it matters to me

Making everyday life easier is a valid direction. You don't need a new career or business idea.

Finish this checkpoint with a direction and the revisable six-month plan on the next pages.



A roadmap for what you choose

Start after choosing your direction. Use the prompt below, or sketch your own plan on paper. The next six months begin from here.

The direction I choose is: [direction]. A worthwhile result for me would be: [result]. My realistic time and spending limits are: [limits]. Responsibilities I want to protect are: [responsibilities].

Help me sketch the next six months. Make the next two weeks specific. Keep later milestones tentative and relevant to my chosen result. Include review points, a smaller version for a difficult week, and reasons to change or stop.

Use my details; ask before filling an important gap. Give me a plan I can revise, not a prediction.

My next action and a finish line that matters to me

My first review date

Save the plan where you can find it. Use the next page to keep your limits and responsibilities in view.



Make room for real life

Your plan should fit the life you already have. These optional notes help you keep what matters in view.

My weekly time budget

My spending ceiling

Responsibilities I will protect

My smaller version for a busy week

What would make me pause or change direction

I am building my own next chapter alongside parenting and ongoing caregiving. In my newsletter, I share the experiments, costs, corrections, and resources you can borrow.

Symon

This is a working plan, not a promise of a new job, business, or income. Keep the useful parts and revise the rest.