KindNova

GROWTH & NEW BEGINNINGS

The Fresh Start Map

A visual roadmap for leaving what no longer fits, choosing what matters next, and taking one realistic step forward.

A free KindNova reflection guide

Printable + digitally fillable • Personal growth resource

1. Name the Current Terrain

Before choosing a direction, get honest about where you are. You to fix anything on this page - just notice.



WHAT HAS CHANGED?

WHAT FEELS COMPLETE OR READY TO BE LEFT BEHIND?

WHAT IS ASKING FOR MORE OF YOUR ATTENTION NOW?

> *Clarity often begins with naming what is true today.*

2. Leave • Carry • Invite

A new chapter does not require throwing everything away. Growth can mean choosing what comes with you - and what does not.

LEAVE

What am I ready to stop carrying?

CARRY

What wisdom, strengths or relationships come with me?

INVITE

What do I want to make more room for?

> *You are allowed to keep the lessons without keeping the weight.*

3. Choose a Direction, Not a Perfect Plan

Instead of asking "What should my whole life look like?", try asking how you want the next chapter to feel.



FIVE WORDS I WANT THIS NEXT CHAPTER TO FEEL LIKE

IF THOSE WORDS GUIDED MY CHOICES, WHAT MIGHT I DO DIFFERENTLY?

> *Direction is enough. You can discover the details while you move.*

4. Build the Stepping Stones

Big change becomes more workable when you can see the next few stones instead of the whole crossing.

NOW

NEXT

SOON

LATER

THE SMALLEST STEP I CAN TAKE IN THE NEXT 24 HOURS

WHAT I CAN DO AFTER THAT

WHAT I WANT TO BUILD TOWARD

WHAT CAN WAIT WITHOUT BEING FORGOTTEN

> *Make the next step small enough that your nervous system does not need a meeting about it.*

5. My Fresh Start Map

Bring the pieces together into one page you can return to when things feel blurry.



I AM LEAVING

I AM CARRYING

I AM MOVING TOWARD

MY FIRST SMALL STEP

MY ANCHOR WHEN I DOUBT MYSELF

Ready to go deeper?

Starting Again is KindNova's 25-page Growth & New Beginnings journal, designed to help you navigate change, work with fear and uncertainty, build momentum, and create a beginning that feels realistic and true to you.