



A ONE-PAGE CLARITY TOOL FOR WHEN
EVERYTHING FEELS OVERWHELMING.

The Next Step Map

STEP 1 — WHAT'S THE SITUATION?
(ONE SENTENCE. NO SPIRALLING. JUST THE TRUTH.)

STEP 2 — WHAT'S THE GOAL HERE?
(NOT THE LIFETIME GOAL. THE GOAL FOR THIS MOMENT.)

STEP 3 — WHAT'S GETTING IN THE WAY?

- CONFUSION
- OVERWHELM
- MISSING INFORMATION
- FEAR OF GETTING IT WRONG
- SOMEONE ELSE'S BEHAVIOUR
- SYSTEM BARRIERS
- OTHER: _____

STEP 4 — WHAT'S THE ONE ACTION THAT MOVES THIS FORWARD?
(CIRCLE OR WRITE IT)

STEP 5 — WHEN WILL YOU DO IT?
DATE: _____ TIME: _____

STEP 6 — WHAT SUPPORT DO YOU NEED (IF ANY)?

- INFORMATION
- EVIDENCE
- A CONVERSATION
- CLARIFICATION FROM ACC
- SOMEONE TO SIT WITH YOU
- SPACE TO CALM YOUR NERVOUS SYSTEM