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WORKSHEET

HOW TO BEGIN AGAIN

by Kalika Yap

This worksheet is here for those in-between seasons. Use it to reflect and gently shift your perspective. Bring a pen. Bring honesty. Leave the pressure behind.

1. What feels unclear or heavy right now?

(Write without editing. Just get it out.)

2. What am I telling myself about this situation?

(Write out the story—maybe it's about failure, time, or self-worth.)

3. Is this story helpful?

Is it true?
Is it kind?
(Check in with how it feels when you read it out loud.)

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4. What would I see if I looked at this with fresh eyes?

(Imagine starting from scratch. What's possible now?)

5. What is one small, doable step I could take today that feels light?

(Choose something kind to your mind and body.)

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BEING STUCK IS NOT A SIGN TO GIVE UP.

It’s often where your next idea is quietly waiting. Start with softness. Let yourself begin again.

THIS IS THE MIDDLE.

This is where things can change.

– Kalika Yap