Two wishes. Room for both.

Want to try something new, but also protect what matters to you? Give two competing wishes a voice, check the circumstances and choose one small step. There are no right answers; you can leave any question blank.

01 · Name the two wishes

What might each wish protect or make possible? Neither side needs to be dismissed.

What specific situation am I considering?

One part of me wants…

This matters because… What does it protect?

At the same time, I want…

This matters because… What does it protect?

02 · Look at the circumstances

A practical limit is something you can check. An assumption is something you have not yet confirmed. Some limits cannot be changed by reflection.

A practical limit I know about

An assumption I am making

How could I check that assumption?

You can pass along the blank worksheet. Keep completed pages privately.

03 · Choose a small next step

Choose something within your control, perhaps a question that gives you new information. You do not need to resolve everything today.

One small next step

When could I try it?

04 · Make room for a review

Choose a review point and what you want to notice, not an outcome you must achieve.

When will I look back?

What will I notice or ask myself then?

Would you like to explore this together?

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