Polarity.One

Blank reflection worksheet · 1 page

Two wishes. One small step.

Pulled between two wishes? Give each a voice, then choose a small step. Any question can stay blank.

One part of me wants…

At the same time, I want…

One small next step

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

Would you like to explore this together?

Request a free 30-minute consultation

Currently available to new customers · Maximum 20 free introductory consultations per month.

https://polarity-one.brainer.one/enquiry?lang=en