

Choose Your Direction

Personal Reflection Guide

A Guided Experience for People Ready to Stop Reacting and Start Choosing



LUV Solutions

A note before you begin

Before You Begin

Take a moment before moving forward.

Many people spend years reacting, surviving, and trying to get through the day without ever having the opportunity to slow down and think about what truly matters to them.

This guided experience is an opportunity to pause, reflect, and begin choosing your path forward with greater intention.

You do not need to have everything figured out before you begin.

You only need a willingness to reflect honestly and consider what direction you want to move toward from here.

Reflection Before You Begin

- Have I been intentionally choosing the direction of my life – or mostly reacting to what comes next?
- If I slowed down long enough to think honestly about my life, what would I realize matters most to me right now?

Pause & Reflect

What stood out to you as you read these questions?

Write down any thoughts, emotions, concerns, hopes, or realizations that came up for you.

INTRODUCTION & PREPARATION

Preparing for the Journey

Before you begin, take a moment to pause.

This Personal Reflection Guide is designed to support a **process of reflection and intentional planning**. It's not something to rush through or complete perfectly. The value comes from engaging honestly with the questions and allowing yourself the space to think.

What This Process Is

This process is an opportunity to:

clarify what matters most to you

understand how you approach life and decisions

create a personal framework you can return to when things feel unclear

It's meant to help you see patterns, name priorities, and make choices with greater intention.

What This Process Is Not

This process is not:

a test

a comparison to others

a demand for immediate answers

a requirement to have everything figured out

There are no right or wrong responses here — only honest ones.

Your Pace Matters

Move through this Personal Reflection Guide in a way that supports you. Some sections may come easily, while others may take time. You may skip ahead, pause, or revisit pages as your understanding deepens.

Give yourself permission to go at your own pace. This is not about speed — it's about clarity.

SECTION 1 – VISION

Vision – My North Star – My Why

**Dream Big... and anchor it with direction, goals, and purposeful action.
So Shall You Be.**



Your vision is a clear description of the future you want to move toward.
It doesn't have to be poetic. It doesn't have to impress anyone.

It simply needs to be clear enough that when life feels noisy or uncertain, you know
which way you're headed.

Your vision is your reference point.
It guides your choices.
It helps you decide what to say yes to — and what to decline.

Keep it simple. Keep it honest. Keep it yours.

Your Vision – Direction Statement

*Describe your desired outcome that invokes a vivid mental picture of your vision/dream.
Remember to be clear and concise.*

SECTION 2: VALUES

What truly matters

VALUES

The values listed here are simply prompts to get you thinking.
What matters to you may look different – and that’s exactly the point.

Add any values that feel important to you.

Me/Self	Effort	Communications
Confidence	Initiative	Love
Honesty	Organization	Kindness
Integrity	Knowledge	Bonding
Truthfulness	Technical Ability	Sincerity
Responsibility	Energy	Listen
Enthusiasm	Willpower	Ask
Drive for success	Efficiency	Understanding
Ambition	Drive	Determination
Creativity	Professionalism	Encourage
Courage	Discipline	Humor
Quest for knowledge	Perseverance	Powers of persuasion
Acceptance of change	Follow through	Supportive
Self-respect	Resourcefulness	Respect
Authenticity	Reliability	Clarity
Resilience	Ownership	Constructive dialogue

My Values

Me	Effort/Work	Communications

Reflection - Values

Where do these values show up?

Where am I ignoring them?

SECTION 3 - ATTITUDE

How I Meet Life

Attitude

How You Show Up Matters

Write about a challenging situation

Think of a recent interaction that was difficult or frustrating.

Briefly describe what happened.

What attitude did you bring into that situation?

Did that attitude move the situation in the direction you wanted?

Reflection:

What attitude helped that situation?

What attitude may have made it harder?

What attitude would support the future you described in your vision?

SECTION 4 – AFFIRMATIONS

Affirmations – Choosing the Voice I Listen To

What do I need to remind myself when things get hard?

What belief helps me stay engaged instead of giving up?

Affirmation	When I'll use it

SECTION 5 – GOALS

Turning Vision into Action

Goals

Focus on 1-3 goals

Goal 1

What do I want?

Why does this matter to me?

How will I achieve this?

Goal 2

What do I want?

Why does this matter to me?

How will I begin to achieve this?

Goal 3

What do I want?

Why does this matter to me?

How will I begin to achieve this?

Life Responsibilities Goals

Choose one or two responsibilities that need your attention right now.

Create realistic goals that help you move through these responsibilities intentionally, while still staying connected to what matters to you personally.

Goal 1

What do I want?

Why does this matter to me?

How will I achieve this?

Goal 2

What do I want?

Why does this matter to me?

How will I begin to achieve this?

Goal 3

What do I want?

Why does this matter to me?

How will I begin to achieve this?

SECTION 6 – NEEDS

Designing for Sustainability

Needs to Meet Goals – Success Factors

It is vital to explore what you want and identify your needs to support your goals and vision

Basic Human Need Categories

Financial	Occupational	Housing- Environment	Spiritual - Connection
Physical	Transportation	Health	Educational

What do I need in place to move toward my goals?

Examples: time, resources, environment change, Vocational Training

Need	Action	Timeline

Daily Well-Being Needs – Success Factors

What helps me feel grounded, capable, and well?

Examples: movement, emotional security, rest, quiet, creativity, connection,

Need	Action	Timeline

SECTION 7 – ACTIONS

Alignment

Actions

Staying aligned with my direction, values, and goals

<i>What I Will Do</i>	<i>Why Will I Do It</i>	<i>When I Will Do It</i>

SECTION 8 – OFF TRACK

Off Track – Getting Back into Motion

Off Track Plan

Getting Back into Motion

Things that may knock me Off Track	Actions I will take to get me Back On Track

SECTION 9 – BRINGING IT ALL TOGETHER

Bringing It All Together

Reflection Page

What stands out most from this process?

What feels most important to protect?

What will I revisit when things feel unclear?

Notes

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This is a living framework. Return to it as you grow.