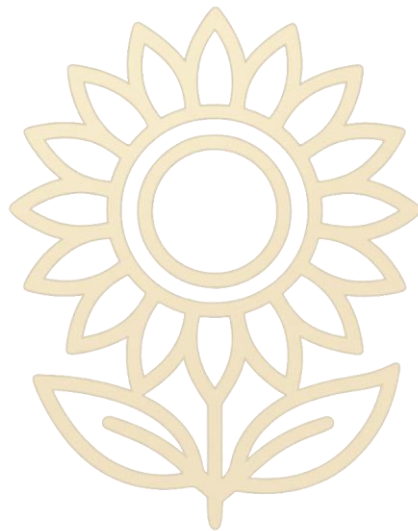


LUV Reflection Series

Small Guided Practices for Real Life

LUV Goals: Design Your Next Step



Clarity first. Action second. Growth that lasts.

Welcome

This planner isn't here to push you. It's here to sit beside you.

Use these pages to slow down, listen, and choose your next small step with intention.

Listen

Pause before planning. Notice what matters. Clarity comes first.

Understand

Turn what you've noticed into one simple, realistic step.

Venture

Take one small step forward. Notice what happens. Adjust. Continue.

How to Use This Planner

Start where you are.

Move one step at a time.

Let it be a little messy.

Use what helps. Leave the rest.

Start Here

What feels heavy right now?

What feels most important?

One small step you could take:

Listen

Pause before planning. Notice what matters. Clarity comes first.

Right now, I feel:

The thing taking most of my energy:

What feels heavy or draining:

Something I quietly want more of:

If life felt lighter, it would look like:

Understand

Turn clarity into a simple, realistic plan.

What's happening right now for me:

What would 'better' look like:

One small step:

When will I try this step:

Venture

Take one small step forward. Learn, adjust, continue.

The step I'm trying:

What I noticed afterward:

My next small step:

Keep Going

Small steps move you forward.

You're allowed to move at your own pace.

Take one honest step.

