

Choosing My Goals

A LUV Reflection Guide – space to slow down, think clearly, and choose intentionally.

There are no right answers. Write what feels true right now.

✿ My Vision or Outcome

What's something you'd like more clarity or direction around right now?

✿ Why This Matters to Me

Why does this feel important at this point in your life?

*** What I Want to BE (values, qualities, mindset)**

What qualities, values, or mindset do you want to bring to this?

*** What I Want to DO (actions, habits, steps)**

What's one or two actions or habits that might support this?

*** What I may Need to LET GO Of**

Is there a belief, habit, or expectation that might be getting in the way?

*** First Small Step (within 24–48 hours)**

What's one small step you could take in the next day or two?

* Support / Tools That Would Help

What kind of support, tools, or resources would be helpful right now?

You don't have to have it all figured out.
Clarity unfolds when you give yourself space.
Whatever you wrote is information — not a verdict.