

LUV Reflection Series
Small Guided Practices for Real Life

Choosing My Goals

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

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

Before You Begin

This reflection guide is designed to help you slow down, think clearly, and identify what matters most right now.

There are no perfect answers here.

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

Move through these pages at your own pace.

Write simply.

Be honest.

Let it be imperfect.

Sometimes clarity comes from giving yourself space to pause and notice what's already there.

*** My Vision, Outcome or Direction**

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 (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.**



LUV Solutions • Love's Universal Voice • Clarity changes everything

YOUR NEXT STEP

If this reflection helped you gain clarity, remember:

You do not need to have everything figured out.

Clarity grows when you give yourself space to pause, reflect, and choose intentionally.

Continue Exploring

LUV Goals: Design Your Next Step – Reflection Planner

Turn reflection into practical action by identifying priorities, next steps, and meaningful progress.

The Growth Practice – Guided Reflection Tool

Build awareness, consistency, and momentum through simple practices designed for real life.

Choose Your Direction – Self-Discovery Experience

Explore the values, strengths, beliefs, and priorities shaping your decisions and future direction.

Express Your Brilliance – Self-Expression Experience

Develop the language to communicate your strengths, values, boundaries, and vision with greater confidence and clarity.

Learn More:

<https://lUvsolutions.net/blueprint-for-becoming>

LUV Solutions

Understanding + Mutual Dignity = Ownership