SIS EMPOWERMENT

Your Next Gentle Step

A quick action plan for moving from reflection to progress

You Are Not Alone.
You Are Becoming.

QUICK CHECKLIST AND ACTION PLAN

Faith-centered encouragement and practical guidance for women ready to heal, grow, and move forward.

Start Where You Are

You do not need a complete life plan today. Use these two pages to identify what needs attention, choose one priority, and take a step that fits your real capacity.

1 Check in with yourself

- I need clarity
- I need rest
- I need support
- I need a boundary
- I need to finish something
- I need to begin something
- I need to release something

What feels heaviest right now?

What would make this week feel 10 percent lighter or clearer?

Choose One Priority

My focus for the next seven days is

Why this matters now

My smallest useful next step

I will do it on

The person or resource that can support me

One boundary that will protect this step

My Seven Day Progress Check

Day	One small action	Done
Monday		☐
Tuesday		☐
Wednesday		☐
Thursday		☐
Friday		☐
Saturday		☐
Sunday		☐

At the end of seven days

What moved forward?

What did I learn about what I need?

What is my next gentle step?

Progress counts, even when it is quiet.