

The Strength of Starting Over

A printable reflection workbook for creating hope today, one emotional action at a time.



Welcome home. There is a seat for you here.

“Sometimes starting over isn’t losing your way.
Sometimes it’s finally choosing your own.”

What no longer aligns?

This episode is about courage, values, and building something that matters.

Is there something in my life that no longer aligns with who I'm becoming?

What's keeping me where I am: love, or fear?

Your values compass

What values are being compromised by staying?

What values would guide me if I chose to go?

The next step (not the whole staircase)

What is one thing I could do this week that moves toward alignment?

What's the smallest version of the leap?

Your two-word message

If you could send a two-word message to someone who doubted you (or to your own doubting voice), what would it say?

Leave with a drop

“You do not need to see the whole staircase. You need enough light for the next step.”

One thing that no longer aligns with who I'm becoming (I don't have to leave it today, just name it):

A Letter Before You Leave

Dear Friend,

If you are standing at the edge of a beginning you did not plan, I want you to know you are not crazy for wanting more. Not more things. More alignment. More honesty between who you are and how you are living.

Starting over is not confession of failure. It is a declaration of values. You are not running from something. You are finally running toward yourself.

Keep creating HOPE. Keep brewing.

— The Brewmaster
