

Changing Direction

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



Welcome home. There is a seat for you here.

“Nothing you learn with your whole heart is ever wasted.”

What dream did I pack away?

This episode is about packed-away dreams, hidden apprenticeships, and discovering that what felt like failure may have been preparation all along.

Is there a dream I packed away that still sits in the spare room of my life?

Do I think of it as failure, or have I never considered it might have been something else?

The Hidden Apprenticeship

- ☐ Nothing you learn with your whole heart is ever wasted.
- ☐ Sometimes life is less interested in the thing you are building than the builder you are becoming.
- ☐ A wall is not always an ending; sometimes it is an invitation to look in another direction.
- ☐ Joy does not always need productivity to justify its existence.
- ☐ Dreams may pause without dying.

Which one changed how I see something in my past?

Reframe the failure

The thing I packed away:

What it taught me:

What joy it created:

What skills it gave me:

Am I currently pushing against a wall?

- ☐ Yes
- ☐ Maybe
- ☐ No

What might be in the direction I haven't looked yet?

Leave with a drop

“What feels like failure today may be training you for the work that comes next. Tomorrow has a different light, different tools, and different wisdom.”

One thing I will look at with curiosity instead of judgment this week:

A Letter Before You Leave

Dear Friend,

If you once gave your heart to something that did not become what you imagined, I want you to know: the love was not wasted. The hours were not stolen. The skills you gained are still yours.

What if the thing you once called failure was actually an apprenticeship? What if it prepared you to build the thing that comes next?

Tomorrow has different light. Trust that.

Keep creating HOPE. Keep brewing.

— The Brewmaster
