

E005 Without a Map Any Road Will Do — Journal Pages

E005 Journal Pages

Episode: Without a Map, Any Road Will Do

Format: Standalone printable journal pages

 Pour yourself a cup. Sit with these:

Page 1: The Road You’re On

Where in your life right now are you walking a road simply because it’s the road in front of you?

[Space for writing]

Page 2: Bump or Roadblock?

Choose one thing that feels stuck. Is it a bump or a roadblock?

The situation:

Bump (temporary, solvable with rest/help/perspective)?

Or Roadblock (no resolution possible on this current path)?

If bump, my next step:

If roadblock, what direction could I try:

Page 3: Your Map

If you were drawing a map for this season of your life, what would it look like?

Where I am now:

Where I want to be:

What’s between me and there:

One road I could try:

Page 4: Going Around

"Going around an obstacle is not always avoidance. Sometimes it is wisdom." Is there something you’ve been pushing against that might require going around?

[Space for writing]

Page 5: The Foundation Five

Karen connects E001-E005 as a life practice. Rate where you are with each:

Practice	Where I am (1-10)	What I need
I’m not alone		
Hope matters		
I have an anchor		
One drop at a time		
I have a map		

Page 6: Choices

"I still have choices." Complete these:

I am choosing to stay on this road:

I am choosing to change direction here:

I am choosing to go around this:

I am choosing to rest here:

Airtable Table: Assets
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Linked Episode: E005
Status: Complete