

01 / FIND YOUR SEASON

What season are you in?

You do not have to figure out your whole life today.
Start with what needs your attention right now.

Check the statements that feel true today. This is a reflection, not a test.
More than one season may fit. Choose the one you most need to begin with.

GRACE

Make room for compassion.

- ☐ I am harder on myself than I would be on someone I love.
- ☐ I am carrying hurt, regret, or something I need to forgive.

RISE

Take your next brave step.

- ☐ I have been putting off a step because I am afraid.
- ☐ I want to begin again, even if I do not feel ready.

REVEAL

Tell yourself the truth.

- ☐ I have been saying "I am fine" when there is more underneath.
- ☐ I need to separate what I want from what others expect.

SURRENDER

Loosen your grip. Make room for trust.

- ☐ I keep trying to manage an outcome I cannot control.
- ☐ I want to trust God with something I keep picking back up.

The season I am choosing today: _____

You can return to this check-in whenever your needs change.

02 / CHOOSE ONE PROMISE

One promise. Just for today.

A promise does not have to be big to matter. Choose one below, or write your own. Keep it kind, specific, and within your control.

GRACE

I promise to speak to myself with compassion when I make a mistake.

RISE

I promise to take one small step I have been postponing.

REVEAL

I promise to name one honest feeling without judging it.

SURRENDER

I promise to pause and pray when I reach for control.

What makes this promise important to me today?

Today, I promise me...

Choose a promise you can practice, not an outcome you have to force.

03 / TAKE ONE SMALL STEP

Let your promise become action.

Choose one action you can take today, even if you only have five minutes.
Small counts. Honest counts. Beginning again counts.

The small action I will take:

When and where I will do it:

Example: After dinner, I will sit on the couch and write three honest sentences.

If I get distracted or afraid, I will...

Tonight, I will check in with myself:

☐ I practiced my promise.

☐ I need another beginning.

What did I notice about myself?

A MOMENT WITH GOD

God, help me meet myself with honesty and grace. Give me courage for my next step and wisdom to release what I cannot control. Amen.

Ready to keep going?

Continue with the 7-Day Promise Plan, or explore the I Promise Me journals at sonyainspired.com. Today, one small step is enough.