Using the three fresh start triggers you learned in chapter one – a sense of loss, a sense of lack, a sense of failure – I want you to consider each area of your life and identify one area in which you desire a fresh start. If you have multiple areas, go ahead and list them out below in order of highest priority. If you are like me, you may be eager to get started on all areas at once. I ask that you resist the temptation to do so. Once you have identified the single area of your life that is of top priority, write it down below before you move on to the next chapter. From this point forward, we will call this top area you have identified your “priority area.” Here are a few example areas to get you going: Faith, Family, Finances, Marriage, Habits, Weight, Health, Business, Career, Relationships.

The areas of my life I desire a fresh start are:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

The single priority area of my life I desire a fresh start is:

________________________________________________________________________

In this priority area, I dream of:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Fresh Start Action Step 2
What is Your Story?

You now know the importance of your story. I want you to think through what your story is for that area of your life you are seeking a fresh start – your priority area. What has your story been like in this area?

I have experienced the following “up times” in this area:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I have experienced the following “down times” in this area:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

This has been my story for … (how long?)

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Have you ever lost your way while driving and called someone for directions over the phone? The first question you may have been asked is, “Where are you” or, “Where exactly are you?” This simple question is important to help you find your way from your current location to your intended destination. Like any journey, it is important to recognize exactly where you are so you know if you are heading in the right direction. It's time to answer that same question for your fresh start journey. Where are you?

In Fresh Start Action Step 1, I suggested identifying that priority area you desire a fresh start in. Now that you know how crucial gaining clarity is, it is time to buckle down to work on that specific area. It is time to focus.

In my priority area, I have identified my famine as:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

In my priority area, I have observed if this is a pattern or not. List the pattern(s) if applicable:

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
Fresh Start Action Step 4
What Do You Need to Do?

In that priority area of your life, what new choices will you make?
You now know the value of counsel. It is time to reach beyond yourself and seek help for your fresh start journey. Begin to think through what source of counsel will work best for you and fill out your responses below.

For the success of my fresh start journey, I will take action by seeking counsel through (at least) one of the following sources: Professional one-on-one counseling, books, audio resources, video resources, loving family, loyal friends:

For my priority area, I have identified my sustainer(s) as:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

For my priority area, I have identified my supporter(s) as:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Fresh Start Action Step 6
What Will it Take?

In that priority area of your life, what new commitments are you inspired to make for the better outcome you seek? What will it take to move that specific area of your life forward? What are you willing to sacrifice for your fresh start? Go ahead and list them here.
In that priority area of your life, what kind of a person do you dream of becoming?
Have you identified any opportunities for transition? Take some time to think through recent events in your life and then list them here.

*Hint: When the idea of change interests you, you are on the verge of transition.*
In that priority area of your life, what small changes can you make now? List them here and be on your way.
Fresh Start Action Step 10
Where Will Your Dream Lead You?

Use this page to journal your progress and your journey. Then visit freshstartjourney.com to share your story.
The *fresh START* Path
What Stage of the Journey are You?

1. CLARITY
   A Fresh Start Begins with Clarity
   *Where am I?*

2. CHOICE
   A Fresh Start Anchors on Choice
   *What do I need to do?*

3. COUNSEL
   A Fresh Start Thrives with Counsel
   *What do I need to know?*

4. COMMITMENT
   A Fresh Start Progresses with Commitment
   *What will it take?*

5. COMPLETION
   A Fresh Start Matures on Completion
   *Who will I become?*