



# WHAT'S NEXT?

A QUARTERLY  
REFLECTION WORKBOOK

BY NIC ANTOINETTE



What follows is a series of gentle questions to help you clarify what's working, what's not working, and where you want to go in the next three months.

May these questions serve you well. May your answers both comfort and surprise you. May you see in these completed pages the brightness of your own wisdom, the softness of your own heart, and the magic of all the possibilities that stretch out before you. May you delight in the unknown. May it all be a playful invitation. May this process of self-exploration help you to befriend yourself in a new way.

xo,  
Nic



"THE TRUTH HAS LEGS;  
IT ALWAYS STANDS.  
WHEN EVERYTHING ELSE  
IN THE ROOM HAS  
BLOWN UP OR  
DISSOLVED AWAY, THE  
ONLY THING LEFT  
STANDING WILL ALWAYS  
BE THE TRUTH. SINCE  
THAT'S WHERE YOU'RE  
GONNA END UP ANYWAY,  
YOU MIGHT AS WELL  
JUST START THERE."

- RAYYA ELIAS -



PART I:  
REFLECTION

LOOKING BACK AT  
THE PAST THREE  
MONTHS



# A REAL TIME CHECK-IN

Let's settle into this moment. If it feels good for you, go ahead and close your eyes and take three slow, grounding breaths.

How is your heart today? What is present for you right now?  
How are you (really) doing?



# YOUR "F\*CK YEAH" LIST

One of the first things I love to do when sitting down for deep reflection is to write out a big list of everything I'm proud of from the time frame I'm reflecting on. So let's do it! When you think back on the past three months, what has gone well? Which hard things did you survive? What is it time to celebrate? What do you need to give yourself more credit for? List out everything (big and small!) from the past three months that makes you say, "F\*ck yeah!!"



# GRATITUDE & ABUNDANCE

What are you grateful to have had enough (or more than enough) of  
over the past three months?

If you were tasked to write three "thank you" cards for folks in your life  
who really showed up for you and made a difference in your life these  
past three months, who would you choose?



# TAKING STOCK

What has shifted or changed for you in the past three months?

Which of your goals or plans no longer feel like they fit? Which of your dreams might benefit from being deferred?

Looking back over the past three months, when did you feel disappointed, and when did you feel pleasantly surprised?





# WHAT'S WORKING?

When you think about your life as it stands in this exact moment in time, what is working well for you? Where is there flow, ease, peace, joy, or delight?



# WHAT'S NOT WORKING?

Where in your current life are you feeling friction, annoyance, or frustration? What is just *not working* for you right now?



# PLANTING, WATERING, BLOOMING

Which seeds did you plant for yourself in the past three months? (new beginnings, fresh starts, tiny experiments)

Which goals, dreams, & intentions did you nurture over the past three months? What have you been intentionally growing?

What did you harvest in the past three months? What came to fruition?



# THANKS TO THE PAST 3 MONTHS

I am ready to learn more about:

I feel more devoted to:

I have changed my mind about:

I know that I want to spend more time on:



# DURING THE PAST 3 MONTHS

I felt loved when...

I felt sad when...

I felt brave when...

I felt satisfied when...



# ENERGY AUDIT

Over the past three months, what gave you energy? What refreshed & rejuvenated you? Which activities consistently made you feel lit up? Which people made you feel this same way?

What has been draining you over the past three months? What were your biggest energy sucks?



# EXPECTATION VS REALITY

Over the past three months, where was the bar set too high? What was harder (or easier) than you anticipated?



# ROSE, THORN, BUD

There's a reflection exercise I often do with my friend [Julia Hanlon](#), called "Rose, Thorn, Bud." It works like this:

We choose an area of our life, and then from within that area we take turns sharing our rose (something wonderful), our thorn (something hard), and our bud (something we're looking forward to).

On the following two pages you'll find space to do this yourself, in four areas of your life: relationships, work, wellness, and the pursuit of joy.

(If one of these areas doesn't resonate, feel free to cross it out and substitute something different for yourself!)





# ROSE, THORN, BUD

Relationships (over the past 3 months)

Rose:

Thorn:

Bud:

Work, however you define it (over the past 3 months)

Rose:

Thorn:

Bud:



# ROSE, THORN, BUD

Wellness (over the past 3 months)

Rose:

Thorn:

Bud:

Pursuit of Joy (over the past 3 months)

Rose:

Thorn:

Bud:



# SMALL SENSUAL PLEASURES

Thinking back over the past three months:

What were your favorite things to listen to?

What made you smile or laugh?

Which delicious things did you taste?

What (or who) were you so excited to see?

What felt wonderful to experience in your body?



PART II:  
DREAMING &  
PLANNING

LOOKING AHEAD TO  
THE NEXT THREE  
MONTHS



"LIFE IS SO MUCH  
SHORTER THAN WE  
THINK. MAKE YOUR  
ART. TAKE CARE  
OF EACH OTHER.  
RISK EVERYTHING  
FOR JOY."

- CHANI NICHOLAS -



# THE JOYFUL USE OF RESOURCES

Over the next three months...

What are a few things you'd most love to do with your money?

Your time?

Your influence?

Your attention, energy, focus, and creativity?



# CRAVINGS & DESIRES

What are you craving when it comes to your relationship with yourself?

What are you craving in your friendships?

What are you craving in your work life?

What are you craving in your body?



# A SPARK OF EXCITEMENT

What can you not stop thinking about? Which daydreams do you keep coming back to? Which ideas, possibilities, or projects totally light you up right now?





# SMALL DELIGHTS

Which accessible, tiny, everyday delights might you add to your life over the next three months?



# SOLUTION BRAINSTORM

What are the questions you've been asking yourself lately?

Can you name the problems or puzzles you're currently trying to solve?

For these questions, problems, and puzzles: where might you go for advice, what might you experiment with to find the next best step?



# LIFE ADMIN

What's on your "life admin" list for the next three months? Big things, small things, tedious and unsexy things, list it all out.

Evaluate your list. Is there anything you could simply cross off and not do? Is there anything you need help with? Anything you could delegate?

Which things are most important? What would Future You be most grateful to have done in three months time? When, specifically, will you do those things? How can you make them even 5% more fun & pleasurable along the way?



# FUN & JOY

What do you want to do in the next three months just for fun and joy,  
just because you want to, just for YOU?

How can you bring a more playful approach to your daily life over the  
next three months?



# BACK TO CENTER

What are some of the things that help to bring you back to yourself when you have wandered away? What makes you feel like *you*?



# CURIOSITY & EXPERIMENTATION

What would you like to experiment with over the next three months?  
What interests you? What are you curious about? What have you been  
wondering? What would you like to try?



# COMMITMENT TO JUSTICE

Which injustice are you most committed to fighting in the coming three months?

What, specifically, will that work look like for you? What is your role/contribution?

Whose lead are you following on this? Who will you learn from? Who are your accountability partners in this work?

How will you ensure that this work is sustainable for you?



# GUIDING THEME

When you think about the next three months, what's the one word or phrase that you'd most love to claim as a guiding theme for yourself? (Feel free to brainstorm a bunch of them below and play around until you find what feels good!)





# THE BIG THREE

Flipping through all of your own honesty and wisdom in the preceding pages, take the time to choose three areas of focus (goals, intentions, practices—whichever language feels best) for the next three months.

In other words: which three things do you most want to devote yourself to for this span of time?

And then, for each of the three you choose, let's dig into why you want them. Why these things instead of others? Why do they matter to you?

Goal/Intention/Focus #1: \_\_\_\_\_

This matters to me because:

Goal/Intention/Focus #2: \_\_\_\_\_

This matters to me because:

Goal/Intention/Focus #3: \_\_\_\_\_

This matters to me because:



# 10 MINUTES OF ACTION

No need to wait, let's dive in right now!

What's one small thing you can do immediately for each of your chosen areas of focus? What would the very first step be for each one? And, are you willing to challenge yourself to do all three of those tiny steps in the next 48 hours?

(Do it! See what happens!)

My tiny action step for Thing #1 is:

My tiny action step for Thing #2 is:

My tiny action step for Thing #3 is:



# DAILY CHECKLIST

Today I am feeling:

More than anything I need:

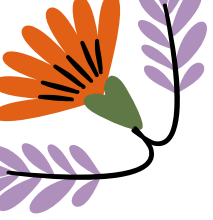
And so in order to care for myself, I will:

I can bring joy into my life today by:

Today I will reach out to/check in with:

The #1 most important thing for me to get done today is:

No matter what, today I can be grateful for:



# ROOTING FOR YOU!

More than anything, my deep hope is that answering the questions I have shared with you here (and, in particular, spending the necessary quiet time with yourself in order to do so) has left you feeling calmer, more centered, and perhaps even excited about the months ahead.

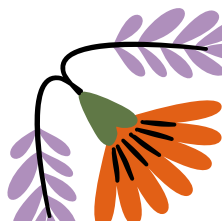
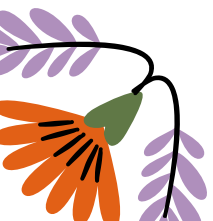
Trying to close the gap between what we say we want and what we actually do can be the hard work of a lifetime (believe me, I know) and so I just want to end by saying that I am rooting for you.

Your intentions, dreams, wishes, and goals for the next three months might be totally different from mine, but please know that all of us who use this workbook are connected in some way.

And as we move forward in our lives, as we experiment and achieve and quit and try again and cry and laugh and grow and rest and heal and love, I hope that you'll remember that we're all in this together.

With love & solidarity,

Nic



# THANK YOU FOR CHOOSING THIS WORKBOOK!

I love creating resources that are simple, useful, and financially accessible, hence why my workbooks are always available in a pay-what-you-can format with free copies given to anyone who cannot afford to pay, no questions asked.

If you know someone who might enjoy this workbook, please direct them here so that they can pay for (or request) their own copy:

[nicoleantoinette.com/reflection-workbook](https://nicoleantoinette.com/reflection-workbook)

Thanks so much for supporting my work!

---

## ABOUT NIC

Nic Antoinette is a writer, long-distance hiker, and community-builder who is totally obsessed with the transformative power of honest conversations.

She is forever thinking about the question of how we can close the gap between what we say we want and what we actually do, all while having fun and being kind and gentle to ourselves along the way.

Learn more at:

[nicoleantoinette.com](https://nicoleantoinette.com)

