



Design Your Next Chapter

**A SIMPLE REFLECTION
GUIDE FOR WHAT'S NEXT
FOR YOU**



BY DR. CONNIE LEACH



Welcome:



Hi, I'm Connie Leach, I help women step into their future with confidence and courage. So many of us live day to day without realizing what's truly possible for our lives.

I created this simple guide, using my DESIGN blueprint, as a gentle nudge to help you pause, reflect, and reconnect with yourself. As you move forward through the following pages, perhaps you will experience a few “aha” moments of insights and inspiration.

Whether you're facing a life change, craving direction, or simply asking “What's next for me?” — the prompts on the following pages will help you start designing your next chapter, one thought at a time.

Please note: You may want to write directly on the page or print it out and journal by hand.



“You don't have to see the whole staircase, to take the first step.”
-Martin Luther King, Jr.

D – Discover Who You Are

What's something you can acknowledge about yourself right now? (Ex. I've realized I'm stronger than I thought — especially after navigating so many changes this year..)

E – Envision What You Want

If fear weren't in the way, what would you love to experience next? (Ex. I'd love to go back to school and get my degree.)

S – Set Intentions

Who do you most want to feel or be in this season of your life? (Ex. I want to find work that I'll love.)

I – Identify Roadblocks

What's one belief or habit you're ready to let go of? (Ex. I want to let go of my habit of procrastinating.)

G – Go For It

What's one small step you can take this week to move forward? (Ex. I can make a list of at least ten personal strengths I'm proud of.)

N – Nourish & Celebrate

How can you celebrate or care for yourself right now? (Ex. I celebrate myself for taking action today to step into a brighter future.)

Clarity starts with reflection, but transformation begins with conversation.

If you're ready to explore what's next, I invite you to a free coaching conversation — a space to think out loud, gain perspective, and uncover your next step.

☕ Book a free Coffee Chat — zero pressure, no sales pitch — just a chance to talk about what's next for you.



Please connect with me via email: Conniemleach@yahoo.com or text at 480-694-5678, so we can schedule your absolutely free 30-minute Coffee Chat. Be sure to put “Coffee Chat in the headline, so I’ll be sure not to miss you.

Or, if you prefer gentle inspiration first, ✉ Subscribe to my *Monday MAGIC e-news* for weekly motivation, journaling prompts, and encouragement straight into your inbox.

Subscribe at www.lifebydesign4women.com or www.connieleach.com



Life by Design for Women — Because your next chapter deserves to be by design, not by default.

📖 *Want to Go Deeper?*

Check out my book — Design Your Daring Life Workbook: For Women at Any Age.



If this reflection guide inspired you, you'll love the *Design Your Daring Life Workbook*. It's filled with stories, tools, and guided exercises to help you rediscover your confidence, reconnect with your purpose, and take bold steps toward the life you were meant to live.

✨ Because daring isn't about being fearless — it's about choosing to move forward, even when you're uncertain.

👉 Available on Amazon — search *Design Your Daring Life* by Connie M. Leach.