FIND YOUR STARTING POINT

CHOOSE YOUR NEXT STEP

A SMALL STEP FOR CLARITY & FOCUS

FREE WORKBOOK ● SHORT VERSION

Roland Thunstedt

An Equipido Free Workbook

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BASED ON IMPACT WAY WORKBOOK SERIES
FREE WORKBOOK ● SHORT VERSION

FIND YOUR STARTING POINT

A small step for clarity & focus

A short check to help you see where you are now and choose the most useful workbook for your next step.

Purpose: to choose whether to explore your direction, your dreams or a concrete action.



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Rate each statement

0 = Not true for me · 1 = Partly true · 2 = Very true. Answer for where you are now, not where you think you should be.

Route	Statement	0–2
RECONNECT	I know something needs to change, but I cannot clearly say what.	
RECONNECT	I feel less curious, driven or engaged than I used to.	
RECONNECT	When I think about the future, I mostly notice what I do not want.	
EXPAND	I can name a few things I want, but I rarely let myself think beyond what feels realistic.	
EXPAND	I have ideas or wishes, but I have not put them somewhere I can see patterns.	
EXPAND	I find it hard to choose which possibilities are worth developing.	
ACT	I have a goal that matters to me, but my next action is not clear enough.	
ACT	I start, but I do not have a simple way to track, adjust or continue.	
ACT	I need to turn intention into something observable this week.	

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Add your scores

RECONNECT total	**EXPAND** total	**ACT** total

Highest score	Start with	Do this immediately
RECONNECT	From Stuck to One Direction	Write: “I do not want to keep...” Then finish: “I would rather...”
EXPAND	10 dreams	Write 10 things you would like to have, do, experience, become, learn, create, improve or change. Do not solve HOW yet.
ACT	One Goal, One Move	Write the next observable action that would move your goal forward. Make it specific enough that you can tell whether you did it.

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Use this as a starting point, not a diagnosis

If the recommended tool feels wrong, choose the one that matches the problem you most want to work on.

The tool I will start with:

Why this feels like the right next step:

The first page or exercise I will complete today: Want to continue? Use the tool your result points to.

> The purpose of this check is simple: make the next step easier to choose.
> Do not turn it into another reason to delay.

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