

Your Weekly Journey Coach

Create new footprints week after week.

Take 5 minutes each day. Not to find all the answers, but to let questions guide you and discover your own path.

Day 1 — Dream and begin

Start with a dream or intention. What small movement could you make this week? Write it down — not as a task, but as a signpost.

Day 2 — Discover the Chaos

Notice where confusion or unrest appears. Ask yourself: *What might this be showing me? For example, is there a pattern, a hidden opportunity, or a strength I didn't see before?* Capture a few words without judgment. Let surprises emerge.

Day 3 — Learn from a Moment

Think back to something that left a mark on you — whether it was a setback or a success. What did it reveal (about you)? Note one insight you'd like to carry forward, and one strength you'd like to build on.

Day 4 — Walk Together

Reach out to someone who is or could be part of your path. A simple thank you, a question, or a short exchange is enough. Notice how connection helps shaping your journey.

Day 5 — Find Your Rhythm

Look back at your recent days. Which small rhythm or habit supported you? Which one would you like to try next? Commit lightly — as an experiment.



Weekend assignment: Last week | Next week

Take a moment to ask: *What did I discover this week? What do I want to take with me into the next one?*

Write it down. Then reset — and begin again.

