

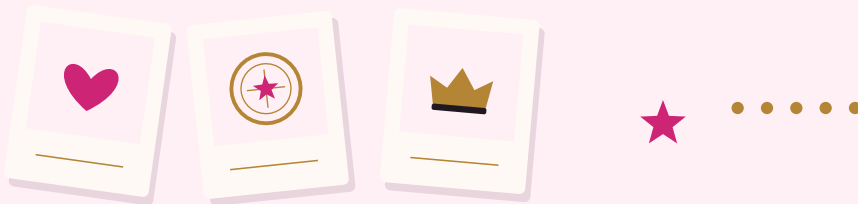
Your board, your next step

Print only the pages you want. Cut out the cards, or copy the prompts onto sticky notes.



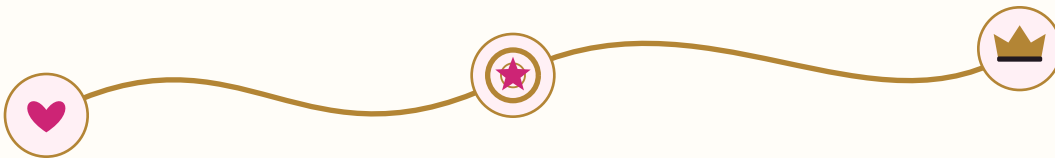
What to gather

A board or one sheet of paper, glue or tape, scissors, markers, magazines or printed pictures, and a pen. Optional: photos, stickers, washi tape, and a frame.



How to use this pack

Pick one direction for your next season. Choose words and pictures that feel true to you. Add at least one small action with a date. You can change your board as you grow.



During the party, look for:

1. A direction you can describe in one sentence.
2. A step you can start within seven days.
3. A reminder to keep going when life gets loud.

A printer is optional. A notebook or digital board works just as well.



What am I building?

Fill this out first. Put your answer in the center of your board.

My comeback direction

In this season, I am building...



I want more of...



Choose a feeling, habit, or kind of support.

I am ready to release...



Name one pressure, pattern, or expectation.

My board will remind me...



Write a short sentence you can believe, even on a hard day.



Choose what matters now

You do not have to rebuild everything at once. Circle one or two areas for this board.

WELL-BEING

I want to care for my body, mind, or peace.



HOME & MONEY

I want more stability, room, or breathing space.



WORK & PURPOSE

I want to grow, create, learn, or earn.



PEOPLE & JOY

I want connection, play, rest, or boundaries.



My top focus is: _____



Words for your board

Cut around the cards. Keep only the words that sound like your life and your voice.

I can begin again from here. ★

Small steps still move me forward. ★

Peace belongs in my plans. ★

My pace is still progress. ★

I can be proud and still be growing. ★

I am allowed to want more. ★

A new chapter needs one brave page. ★

I will make room for joy. ★

Original sayings created for this party.



Make it yours

Write on these cards, cut them out, and place them near the pictures they belong to.

A word I want to live by

What I am making room for

A promise I can keep to myself

A picture of my next chapter

★

PASTE OR DRAW HERE

A strength I already have

My reason to keep going



One step at a time

A board works harder when it carries a real action. Complete and cut out one or all three cards.

FIRST STEP

In the next 7 days

1

I will:

By this date:

NEXT STEP

In the next 30 days

2

I will:

By this date:

KEEP GOING

After that

3

I will:

By this date:



When things get in the way

Give your board a backup plan. You can respond with care instead of giving up.

What might slow me down?

Time, money, fear, energy, or something else?



What can I do when that happens?

Make the step smaller, ask for help, or choose another day.



Who or what can support me?

A person, resource, habit, or place that helps me keep going.





Reminders with roots

Use these as anchors for your board. The first line is the verified subtitle of The Comeback Compass.

**SHE SURVIVED, NOW SHE
REBUILDS.**

The Comeback Compass - book subtitle

**My comeback can be honest
and hopeful.**

Original party saying

**I do not need every answer to
take one step.**

Original party saying

**I can celebrate what I have
already survived.**

Original party saying

I am building a life I can live in.

Original party saying

**I will choose direction over
pressure.**

Original party saying



Your next 30 days

The party ends; the action continues. Keep this page or cut out the check-in strip.

My one move this week

A tiny step I can finish, even if the week is busy.



My check-in date

Put a date on your calendar and look at your board again.



I will celebrate by...

Notice effort, not just results.