

FREE PRINTABLE

Starting Over: 10 Questions to Ask Yourself

A reflection worksheet for single parents ready to look forward. There are no right answers — only honest ones.

1. Who am I becoming?

2. What do I want my home to feel like?

3. What am I ready to let go of?

4. What do I want more of?

5. What boundaries do I need?

6. Who makes me feel supported?

7. What have I learned about myself?

8. What have I been postponing?

9. What would make everyday life feel better?

10. What is one small step toward the life I want next?

You don't have to have it all figured out. You just have to be willing to begin.
