



The Direction Reset Framework

A simple reminder that direction is often rediscovered through movement,
not certainty.

Accept The Feeling

Feeling directionless doesn't necessarily mean something is wrong.
It often signals that your current season has changed.

Separate Responsibility From Direction

A full calendar isn't the same as a meaningful direction.

Follow Curiosity

Pay attention to what repeatedly captures your attention before expecting
complete clarity.

Run Small Experiments

Try something small before making a big decision.
Direction usually appears after movement.

Outcome

Direction is rarely found through overthinking.
It's uncovered by paying attention and taking small steps.
