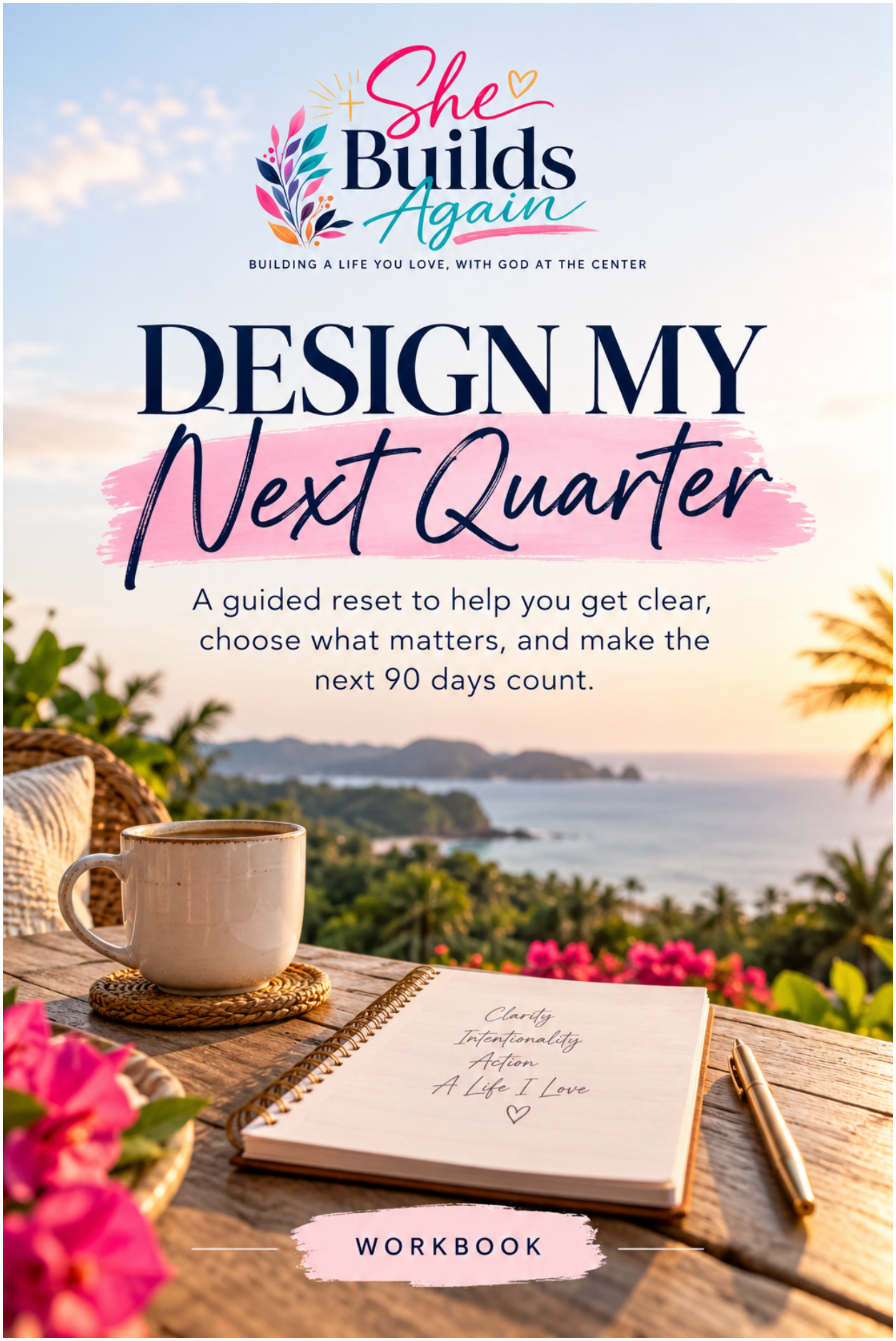
She Builds Again

BUILDING A LIFE YOU LOVE, WITH GOD AT THE CENTER

DESIGN MY Next Quarter

A guided reset to help you get clear, choose what matters, and make the next 90 days count.



WORKBOOK

BEFORE YOU PLAN, PAUSE



You don't need a new year. You need a clear next step.

There's something about the final quarter of the year that can make us feel like we're already behind.

Maybe the goals you set in January didn't happen. Maybe life took an unexpected turn. Maybe you've spent most of the year taking care of everyone else and haven't had much time to think about what you actually want.

Or maybe things are going well — but you can feel that something needs to shift. Whatever your starting point, you don't need to wait until January 1 to begin again.

You have another quarter. Three months. Roughly 90 days.

And 90 days is enough time to create momentum.

This workbook is designed to help you step out of the noise, look honestly at where you are, and decide what deserves your attention next. Not everything. Just what matters most right now.

You don't need to have your entire next chapter figured out. You just need enough clarity to decide what you want to build next.

A NOTE BEFORE YOU BEGIN

There are no right answers here. Don't answer based on what sounds impressive. Don't choose goals because you think you should want them. And don't create a list of 15 things you're going to accomplish in the next three months.

Instead, give yourself permission to be honest. What do I actually want? What matters to me in this season? What would feel meaningful to move forward on?

Take 20–30 minutes somewhere you won't be interrupted. Put your phone away. Grab a coffee, your favourite pen, and give yourself some space to think.

If I could describe what I want this next quarter to feel like in three words, they would be:

What do I most want to get out of these next 90 days?

GET HONEST ABOUT WHERE YOU ARE

Before you decide where you're going, take an honest look at where you are. We often jump straight into goal setting. But good goals start with awareness.

1. WHAT'S WORKING?

What is currently going well in your life? What do you want to protect, maintain or build on?

2. WHAT'S TAKING TOO MUCH FROM YOU?

What currently takes more of your time, energy or attention than you'd like?

3. WHAT HAVE YOU BEEN PUTTING OFF?

Is there something you've been thinking about, postponing or repeatedly saying you'll get to “later”?

What's keeping it on the back burner?

4. WHAT DO YOU WANT MORE OF?

☐ Time ☐ Freedom ☐ Money ☐ Creativity

☐ Adventure ☐ Rest ☐ Connection ☐ Confidence

☐ Meaning ☐ Fun ☐ Challenge ☐ Time with family

☐ Time for myself ☐ Something else: _____

What would having more of this actually look like in your life?

5. WHAT ARE YOU READY TO STOP CARRYING?

Is there a habit, commitment, expectation, relationship dynamic or way of doing things that you don't want to carry into the next quarter?

For the next 90 days, I give myself permission to stop...

DECIDE WHAT MATTERS

You don't need more goals. You need the right goals.

One of the biggest mistakes we make when planning a new season is trying to change everything at once. This quarter, choose intentionally.

YOUR Q4 BIG THREE

If you could make meaningful progress in only three areas over the next 90 days, what would they be?

Area 1: _____

Why does this matter to me right now?

What would meaningful progress look like?

Area 2 — _____

Why does this matter to me right now?

What would meaningful progress look like?

Area 3 — _____

Why does this matter to me right now?

What would meaningful progress look like?

NOW ASK YOURSELF

Which of these would make the biggest difference to how I feel about this season of my life?

Which one have I been thinking about the longest?

Which one am I most excited to make progress on?

YOUR Q4 PRIORITY

You don't have to abandon the other two. But if everything becomes a priority, nothing is.

My #1 priority for this quarter is:

By December 31, I want to be able to say: “I'm proud that I…”

TURN CLARITY INTO ACTION

A goal becomes useful when you know what you're actually going to do.

You don't need a perfect plan. You need a starting point.

MY GOAL — By December 31, I want to:

WHY THIS? Why is this important to you?

WHAT WOULD MAKE THIS POSSIBLE? Think about the skills, resources, conversations, decisions, support or time you may need.

MY FIRST THREE MOVES

1.

2.

3.

MY 30-DAY MOVE — What is the most important thing to accomplish or begin in the next 30 days?

MY 60-DAY MOVE — What would I like to have underway by the 60-day mark?

MY 90-DAY RESULT — By the end of this quarter, meaningful progress would look like:

MAKE IT REAL:

When will I work on this?

What could get in the way?

How will I respond when it does?

Who can support me or hold me accountable?

YOUR NEXT CHAPTER STARTS WITH ONE DECISION

You don't need to know the whole path. Maybe this workbook gave you clarity. Maybe it gave you a goal. Maybe it made you realise there is something you've been avoiding. Or maybe you discovered that what you thought you wanted isn't actually what you want anymore.

That's okay too. Sometimes clarity doesn't mean suddenly having all the answers. Sometimes it simply means being honest enough to know: This is what matters to me now.

And then deciding to do something about it.

Your next chapter isn't built in one giant leap. It's built through the decisions you make, the conversations you have, the boundaries you set, the risks you take and the small actions you repeat.

BUT WHAT IF YOU KNOW WHAT YOU WANT — AND STILL CAN'T FIGURE OUT HOW TO GET THERE?

This is where coaching can help. My Build My Next Chapter 3-Month Coaching Programme is for women who know they want something to change but need support turning that feeling into a clear direction and an actionable plan.

CLARITY Get clear on what you actually want — not what you think you should want.

DIRECTION Identify what matters most in this season and what needs your attention first.

ACTION Create a practical plan for moving forward instead of staying stuck in your head.

ACCOUNTABILITY Have someone in your corner to help you keep going, work through obstacles and adjust when life doesn't go according to plan.

You don't need to have your entire life figured out before you start. You just need to be willing to take the next step.

READY TO BUILD YOUR NEXT CHAPTER? READY TO BUILD YOUR NEXT CHAPTER? *If you're wondering whether it's time for a change but aren't sure what that change should look like, a free 30-minute Discovery Call is a chance to talk it through. We'll look at what's feeling off, what you may be craving, and where you'd like to go next — without pressure or obligation. Email me at nadia@shebuildsagain.org with the subject line "NEXT CHAPTER" and we can schedule your free 30-minute Discovery Call.*