

# Are You Standing at a Threshold?

*A gentle checklist for times when something in life is asking for your attention.*

There is no score and no right answer. Simply notice which statements resonate with you.

## You may be standing at a threshold if...

### Inner Experience

- ☐ Something in your life no longer feels quite right, even if you can't explain why.
- ☐ You find yourself asking questions about what comes next.
- ☐ You feel restless, unsettled, or dissatisfied despite many things going well.
- ☐ You sense that you have outgrown a role, identity, expectation, or way of being.
- ☐ You are craving more meaning, alignment, or authenticity.
- ☐ The future feels unclear, yet something is calling for change.

### Work and Career

- ☐ Work that once energized you now feels different.
- ☐ You are questioning what success means to you.
- ☐ You feel pulled toward new opportunities but hesitate to pursue them.
- ☐ You are considering a career change, promotion, retirement, or new direction.
- ☐ You find yourself wondering whether your current path still reflects who you are.

### Relationships and Life Changes

- ☐ An important relationship, family role, or life circumstance is changing.
- ☐ You are adjusting to a significant transition such as becoming a parent, an empty nest, caregiving, relocation, loss, or retirement.

- ☐ You feel caught between what was and what has not yet emerged.
- ☐ You are grieving something, even if it was your choice to let it go.

## Emotional Clues

- ☐ You feel both excited and nervous about the future.
- ☐ You are longing for clarity but cannot seem to find it.
- ☐ You notice recurring thoughts or questions that keep returning.
- ☐ You feel impatient with the uncertainty of not knowing what comes next.
- ☐ You have a sense that something important is changing beneath the surface.

## Listening for What Is Emerging

- ☐ You feel drawn toward something new, even though you cannot fully describe it.
- ☐ You are becoming more curious about yourself and what matters most.
- ☐ You want space to reflect rather than simply push forward.
- ☐ You sense that the next chapter may require becoming, not just doing.
- ☐ You are ready to explore what might be possible.

## Reflection

If you checked several of these statements, you may be standing at a threshold—a space between what has been and what is coming next.

Rather than seeing uncertainty as a problem to solve, consider treating it as an invitation to pause, listen, and become curious.

## Journal Prompt

**What in my life feels complete, and what might be trying to emerge?**

You don't need to have the answer today. Sometimes awareness is the first step across the threshold.