



TIDAL FLOW LIFE COACHING

THE CROSSROADS RESET

A 10-MINUTE RESET
FOR THE THING THAT KEEPS GETTING YOUR ATTENTION

NOTICE

EXPLORE

CHOOSE

ACT

Hi, I'm Liz, The Crossroads Coach. Sometimes nothing is obviously wrong, but a thought, feeling, idea or frustration keeps coming back. The Crossroads Reset is a short way of giving that clue a proper hearing before you dismiss it, overthink it or talk yourself out of exploring it.

You do not need to know exactly what you want before you start. Give yourself 10 minutes, answer quickly and work with what is actually true for you today.

START WITH WHAT KEEPS SHOWING UP

Move through the five parts in order. Keep your answers simple. The aim is not to solve everything. It is to see your crossroads more clearly and choose one next step.

01 NOTICE THE CLUE

WHAT KEEPS SHOWING UP?



Something I keep thinking about is...

Something I keep saying I'd love to do is...

Something I miss is...

Something I keep finding myself drawn to is...

Something I'm getting increasingly fed up with is...

You do not have to complete every prompt. Circle or underline the ONE clue that has the most pull.
This is the clue you will keep coming back to.

02 CATCH THE CONVERSATION

WHAT DO YOU TELL YOURSELF WHEN THE CLUE APPEARS?



When that clue appears, what do you tend to say to yourself about it? Write the sentence as you actually hear it in your head.

If I tell myself 'I need to know more first', what fact do I genuinely still need?

Do I already know enough to explore this a little further, and am I hoping more research will make me feel certain?

03 LOOK UNDERNEATH THE CLUE

WHAT MIGHT IT BE TELLING YOU?



What is it about my circled clue that has my attention?

What might I want more of, less of, back in my life or different?

Is there a smaller or completely different way I could bring a little more of that into my life?

04 GIVE IT A FAIR HEARING

WHAT IS REALLY IN THE WAY?



Separate what is genuinely getting in the way from what may still be open to question or exploration.

What genuinely makes this difficult or not workable for me?

What am I assuming, or simply unsure about?

Have I already ruled something out because it feels unfamiliar or 'not me'?

What could I explore without deciding anything?

Exploring is not deciding. You can investigate, try, visit, ask, talk or find out without committing yourself to the whole thing.

05 COMMIT TO A NEXT STEP

TURN WHAT YOU'VE UNCOVERED INTO ACTION



Finish this sentence:

If I stopped automatically talking myself out of exploring this, I would...

What is the ONE thing in that sentence I am prepared to do something about?

My specific next step is...

The date I commit to taking this action is...

WHAT DO YOU KNOW NOW?

ONE LAST REFLECTION



What do I know now that I didn't know, or perhaps hadn't admitted to myself, when I started?

Keep this answer. It is a useful reminder of what became clearer when you stopped and gave the clue some proper attention.



LET'S CELEBRATE WHAT YOU'VE JUST ACHIEVED

You listened to something that kept getting your attention instead of brushing it aside.
You challenged some of the things you've been telling yourself and separated what is genuinely in the way from what may still be possible.
Most importantly, you've decided what you're going to do next and committed to a date for doing it.
That's not just thinking about change. That's doing something about it.

WHERE YOU GO FROM HERE

Keep the commitment you've made to yourself.
Take the step. Have the conversation. Try the thing. Make the decision.
Then see where it takes you.
If you'd like to take what you've uncovered further with me, I'd love to help.
Visit my website and complete the contact form.
I'll be in touch to arrange your FREE Discovery Call.
Or if you prefer, email me at liztidalflowcoaching@gmail.com.
And if you're taking your next step on your own, I'd still love to hear how you get on!



Best Wishes
Liz • The Crossroads Coach