ASSUMPTIONS & NEW POSSIBILITIES

A place to notice what I am assuming, where it may have come from, and how I can open my mind to other possibilities.

THE SITUATION

What is happening? What goal, challenge, or vision am I thinking about?

MY ASSUMPTIONS

What am I telling myself is true?
What do I believe will happen?

WHERE DID THESE ASSUMPTIONS COME FROM?

Did they come from past experiences, fear, family messages, school, culture, other people, or a difficult moment?

HOW ASSUMPTIONS CAN BECOME BARRIERS

How might these assumptions be blocking progress, choices, confidence, or my vision?

IS THERE ANOTHER WAY TO SEE IT?

What else could be true?
What might I be missing?

NEW POSSIBILITIES

If I loosen this assumption, what new options, ideas, or next steps become possible?

OPEN MY MIND

- [ ] Pause and question the story
- [ ] Ask for another perspective
- [ ] Look for evidence
- [ ] Try one small step
- [ ] Practice curiosity
- [ ] Be kind to myself

ONE NEXT STEP

What is one small action I can take toward progress or my vision?

REMEMBER

Assumptions are not always facts. When I notice them, I can make room for growth, clarity, and new possibilities.