

# Thriving Thursday Stretch-Step Worksheet

*A one-page values-aligned planning sheet for your weekly stretch step.*

- Step 1 — Name your top 2 values for this season of life.
- Step 2 — Identify one action just beyond your current comfort.
- Step 3 — Make it specific, small, and doable within 24 hours.
- Step 4 — Notice the discomfort. It's a growth signal, not a warning.
- Step 5 — On Saturday, journal: what shifted because I took this step?