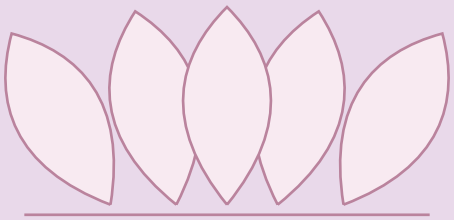
Her Vital Signs

YOUR LIFE DESERVES A CHECK-UP



5 Steps to Getting Unstuck

and Reclaiming Your Peace

A gentle, practical guide to finding clarity, setting boundaries, and taking your next meaningful step.

Created by Jennifer Shipman, RN, BSN

Get Unstuck. Live Fulfilled.

A note from Jennifer

If you're holding this guide, there's a chance something in your life feels heavy, uncertain, or simply not quite right. Maybe you've been putting everyone else's needs first. Maybe you're facing a change you didn't ask for. Or maybe you're ready for something different but don't know where to begin.

I understand what it feels like to have questions without easy answers. After more than 25 years as a registered nurse - and through my own experiences with motherhood, divorce, and loving someone affected by addiction - I've learned that lasting change often starts with one honest moment and one small choice.

You do not need to have it all figured out. This isn't a test, and there is no perfect way to complete these pages. Take what serves you. Write in the margins. Come back to the questions when you're ready.

Before you begin: Give yourself 10 quiet minutes. Grab a pen, silence the distractions if you can, and ask yourself: What would feeling more at peace look like for me?

You are allowed to begin again.

With compassion, Jennifer

STEP 1 OF 5

Name what feels stuck

Clarity begins with honesty.

Sometimes we say, 'I just feel stuck,' when what we really mean is that we're exhausted, afraid of making the wrong choice, or unsure what we want anymore. Naming the real feeling gives you a place to begin.

Try this today

Choose one area of your life that needs attention right now: relationships, family, work, self-worth, daily routines, or personal purpose. Then finish this sentence: 'The part of my life that feels most difficult right now is...' Try to be specific, and resist judging your answer.

A MOMENT TO REFLECT

What has been weighing on me lately?

What am I wishing would change?

A gentle reminder

Awareness isn't weakness. It's the first sign that you're ready to listen to yourself.

YOUR NEXT SMALL STEP

Write down one thing you can acknowledge today without needing to fix it immediately.

STEP 2 OF 5

Reconnect with yourself

Your needs matter, too.

When you've spent a long time caring for others or getting through difficult days, it can be easy to lose touch with what brings you joy, energy, and meaning. Reconnecting with yourself doesn't require a dramatic makeover. It starts by paying attention.

Try this today

Make two short lists: 'What drains me' and 'What restores me.' Consider sleep, movement, prayer or quiet reflection, relationships, time outdoors, creativity, and the way you speak to yourself. Circle one restorative habit you can make room for this week.

A MOMENT TO REFLECT

When do I feel most like myself?

What have I been missing or putting off?

A gentle reminder

You don't have to earn rest, joy, or a moment to yourself.

YOUR NEXT SMALL STEP

Set aside 15 minutes this week for one thing that helps you feel grounded.

STEP 3 OF 5

Practice loving boundaries

You can be kind and still say no.

Boundaries are not about controlling someone else's choices. They're about being honest about what you can give, what you cannot carry, and what you need to stay well. That matters especially when someone you love is going through a hard time.

Try this today

Think of one situation where you often say yes when you mean no. Practice this simple sentence: 'I care about you, and I'm not able to do that.' You can add what you can offer, if you genuinely want to. A boundary should be clear, respectful, and within your control.

A MOMENT TO REFLECT

Where am I taking responsibility for someone else?

What is one limit I need to honor?

A gentle reminder

You can love someone deeply without losing yourself in the process.

YOUR NEXT SMALL STEP

Choose one small, respectful boundary to communicate or practice this week.

STEP 4 OF 5

Shift the story you tell yourself

A new perspective creates room to grow.

A difficult season can make thoughts like 'I'm behind,' 'I always mess things up,' or 'It's too late' feel true. But a thought is not always a fact. You deserve to speak to yourself with the same compassion you would offer a friend.

Try this today

Notice one unhelpful thought that keeps repeating. Write it down. Ask: 'Is this completely true? Is there another way to see this?' Then rewrite it with honesty and kindness. For example: 'I'm starting over, and I'm learning as I go.'

A MOMENT TO REFLECT

What story about myself is keeping me stuck?

What would I say to someone I love in this situation?

A gentle reminder

Your past is part of your story. It does not have to write every chapter ahead.

YOUR NEXT SMALL STEP

Replace one harsh thought with a more compassionate, believable one.

STEP 5 OF 5

Take one meaningful step

Small moves are still progress.

You don't need a perfect plan for the next year. You need one next step that honors the person you're becoming. Tiny actions, repeated with intention, can help you rebuild trust in yourself.

Try this today

Choose a single action you can take in the next seven days. Make it specific: what will you do, when will you do it, and what support might help? Keep it small enough that it feels possible. Then notice how it feels to follow through.

A MOMENT TO REFLECT

What matters most to me in this next chapter?

What is one step I will take this week?

A gentle reminder

You are not behind. You are beginning from where you are.

YOUR NEXT SMALL STEP

Choose your step, put it on your calendar, and celebrate keeping a promise to yourself.

READY FOR SUPPORT? Book a free 20-minute discovery call: