

Directional Glimpse Tool™

"For when you feel restless and you're not sure why"

Use this when you feel restless and you're not sure why. Trying to look ahead without a big plan can feel strange, but sometimes that restlessness shows you what you actually want.

Step 1: What's been bugging you?

Focusing on the **Persistent Friction**: identifying the minor irritations or distractions that are pulling you away from your routine.

Examples:

- **The Irritation Loop:** I keep getting irritated by the same things over and over, like how little quiet time I actually get in a day.
- **The Comparison Trap:** I feel envious of people who seem to have it easier, and it makes me wonder if I'm not where I'm supposed to be in life.
- **The Missing Piece:** I miss a version of myself who used to be more adventurous or creative, and I keep wondering if this routine is all there is.

My Glimpse: *(list the specific things that have been irritating or distracting you lately.)*

Step 2: What loop keeps replaying in your head?

Focusing on the **Internal Replay**: identifying the automatic thoughts or fantasies you've been having lately.

Examples:

- **The Exit Fantasy:** I keep fantasizing about leaving a specific group, job, or situation just to see what else is out there.
- **The Silent Rehearsal:** I keep having conversations in my head that never happen in real life, but the dialogue always stops at the same spot.
- **The Outgrowth Ache:** I feel like I'm about to outgrow something important, but I keep trying to push that realization away to stay comfortable.

My Glimpse: *(describe the specific loops or fantasies that won't leave you alone.)*

Step 3: What would you want for yourself?

Focusing on the Unjustified Desire: identifying what you'd choose if you didn't have to explain it to anyone else.

Examples:

- **The Solitude Search:** I want more time alone without feeling guilty or needing to be responsible for everyone else's needs.
- **The Connection Gap:** I want real conversations that aren't just about the weather or the weekend scores, but I'm afraid to ask for them.
- **The Purpose Pivot:** I want a chance to try something that might not work, or mornings that don't feel like a constant rat race.

My Glimpse: *(describe the things you'd want if you didn't have to justify them.)*

Step 4: One focus for this week

Focusing on the Compass Point: identifying the small move that grounds you in what you actually want.

Examples:

- **The Visual Prompt:** I'll pick one picture or word that represents the direction I want to go and put it where I'll actually look at it.
- **The Gut Check:** I'll pay attention to the specific physical feeling I get when I think about a different focus for my time.
- **The Small Permission:** I'll choose one thing I want to focus on this week, even if it feels small or unimportant to anyone else.

My Glimpse: (write down the one thing, picture, or gut feeling you'll focus on this week.)

The Final Move: One Intentional Glimpse Clarity doesn't always come from a giant plan; it comes from noticing where your feet are already pointing. Before you put this paper away, write down the one concrete move you'll make to keep this glimpse in sight today.

My Test: _____