



# CROSSING A THRESHOLD?

TAKE A PAUSE BEFORE WHAT COMES NEXT

A reflective workbook from Creative Leadership



# Welcome

After more than twenty years of marriage, Adam and I know this much to be true: if we don't stop and look back, we miss the lessons that only show up when things slow down. The small triumphs that never make a list, the quiet griefs that deserve to be named and, most importantly, the chance to walk into the next season with our eyes open.

So we began to create little moments of noticing. A walk after dinner. A long drive. Coffee on the deck. Sometimes we would write. Sometimes we would talk. Sometimes we would sit in silence until something rose to the surface. When life felt too full, we would stop halfway through the reflection and give it space, trusting that clarity needs room.

Along the way we found tools that helped. One of them was the YearCompas tool. We used pieces of it, changed others, and slowly shaped a version that felt more aligned with our ways of working. What you have in your hands now is the evolution of all those years of pausing and beginning again.

This practice has steadied us through parenting three babies into young adults, navigating numerous career changes, building a business, and facing the parts of life that do not come with instructions. It has helped us notice what's shifting, what's asking for attention, what needs releasing, and who we want to be as we step into whatever comes next.

You can use this workbook at any turning point. It fits Matariki as naturally as the calendar year end. It works during role changes, life stage shifts, and any moment when something inside you says, "Pause. Something is moving." Find a quiet moment. Take your time.

Let what matters become clear.

Adam & Penny

# Arriving

This is your chance to see the season as a whole. Consider shifts in work, home life, relationships, energy, or identity.

**Overall, this season felt like...**

**At a high level what stands out for me is...**

# Arriving

This is your chance to see the season as a whole. Consider shifts in work, home life, relationships, energy, or identity.

**I was surprised by...**

**I was changed when...**

# Moments that mattered

**The core memories or moments from this season that will forever stay with me are...**

# Inner experience

## WELLBEING & VITALITY

*I felt most steady when...*

*My energy was challenged or drained by...*

## RELATIONSHIP & BELONGING

*Where did I feel aligned or misaligned in my relationships this season?*

*Something I noticed about how I connected with others this season was...*

## CREATIVITY & PLAY

*I felt myself the most when...*

*What brought me joy, flow or a sense of play?*

# Inner experience

## LEARNING & GROWTH

*I learned something important when...*

*I think I have grown most in...*

## REST & NOURISHMENT

*I looked after myself best when I ...*

*Where did I struggle to rest and what contributed to that?*

# In the world

## CAREER

*My work stretched me the most this season when...*

*Something I learned about myself through my work was...*

## HOME & PLACE

*A space that was important to me this season was...*

*What aspects of where I lived and worked helped or hindered me this season?*

# Edges & Stretch

**I was stretched most when...**

**How did I respond?**

**The strengths or qualities that helped me through the times of stretch were...**

# Making meaning

**What small or quiet steps forward mattered most to me?**

**What did I follow through on or hold steady in?**

# Integrate

**What patterns or themes do I notice?**

**What values or instincts showed up clearly and asked for my attention?**

**What wisdom do I want to carry forward?**

# Release & Complete

**I am ready to let go of...**

**Something that no longer belongs with me is...**

**This feels complete because...**

# Name the season

**If this season or period of your life were a chapter in a longer story, what would you call it and why?**

Well done. You've taken the time to look back with honesty, care, and curiosity.

Part One can stir the waters. It reveals patterns, insight, memory, and feeling. Give it space to settle.

Many people pause here.

We often complete Part One at Christmas and return to Part Two in the New Year. Take what you need.

There is no rush.

When you're ready, cross over the Threshold and step into a new way of seeing, one that looks forward, listens for what is emerging, and begins shaping the season ahead.

# Dreaming forward

**What feels possible now?**

**I am drawn to...**

# Inner landscape

## WELLBEING & VITALITY

*I want to feel...*

*What would support my steadiness or energy now?*

## RELATIONSHIP & BELONGING

*I want to show up in my relationships as...*

*What connections do I want to nurture or rebuild?*

## CREATIVITY & PLAY

*I feel most alive when I...*

*What do I want to explore or make room for this season?*

# Life around you

## Career

*How do I want to show up in my career this season?*

*I feel drawn to focus on...*

## HOME & PLACE

*I want my environment to feel...*

*What small changes would help to create that?*

# Growing from within

## REST & NOURISHMENT

*Nourishment for me looks like...*

*What rhythms or boundaries would help me protect rest?*

## LEARNING & GROWTH

*I am curious about...*

*What structure or support would help me learn or deepen?*

# Focus your season

**THREE THINGS I WANT TO SAY YES TO:**

**THREE THINGS I WANT TO RELEASE:**

# Deepen your season

**THREE THINGS I WANT TO PRACTICE OR STRENGTHEN:**

**THREE SPACES I WANT TO SPEND MORE TIME IN:**

# Ways of being

**As I show up in the months ahead, what qualities will matter  
and what presence do I want to bring?**

# Anchors & Supports

**Who or what helps me to stay grounded?**

**Who or what can I lean on?**

**What boundaries matter now?**

# Crossing your threshold

**What small personal act would symbolise entering this next season with intention?**

**The word or phrase for this season is...**

**My quiet promise to myself is...**

# Next steps

Use this space to jot down anything that comes to mind

You've revealed patterns, desires, and truths that matter. Before you finish, take a moment to anchor what you want to carry forward.

Look back through what you've written. Notice what feels important or alive. Now place a few things into your diary. These can be small, simple, and personal.

- **What do I want to protect in my diary? (Block out annual leave, special dates like children's birthdays, a day a month to walk into classrooms or collect from school, visits to aging parents etc).**
- **Who do I want to stay connected with? (Book regular catch up's with friends, family, prompts to call/text etc)**

These are placeholders, not commitments. They simply help you return to what matters as the season gets busy.

# Thank you

**Thank you for taking the time to work through Threshold.**



It is no small thing to pause, reflect, and look honestly at the season you have lived.

Most people rush past moments like this. You chose to make space for it.

If you uncovered something important, hold it lightly for a while. and let it settle.

Return to it when you need a reminder of what matters and how you want to show up in the season ahead.

This is the same practice that has steadied us over many years of life and work. We hope it supports you in the same way.

If you want to keep reflecting or exploring what this next season might ask of you, our work at [Creative Leadership](#) is always here.

You can stay connected through our [newsletter](#), our programmes, or by [reaching out](#) for a conversation.

Wishing you insight, steadiness, and a season shaped by what matters most.

*Adam & Penny*

[www.creativeleadership.co.nz](http://www.creativeleadership.co.nz)