

STAGE
1

Navigating a Quarter-Life Crisis

Feeling Trapped

Investigate the feelings of being “locked in” or trapped into an aspect of life (job, relationship, location, etc.). Use the following prompts as support to break through and transition to stage 2.



Reflect on the past

- Which values or beliefs from my parents and society influenced me growing up?
- What external expectations have shaped my decisions?
- Who have I had to be to survive until now?

Reflect on the present

- Where does the self doubt and trapped feeling come from?
- What parts of life drain my energy? Which fill my energy up?
- Who do I want to be?

Reflect on the future

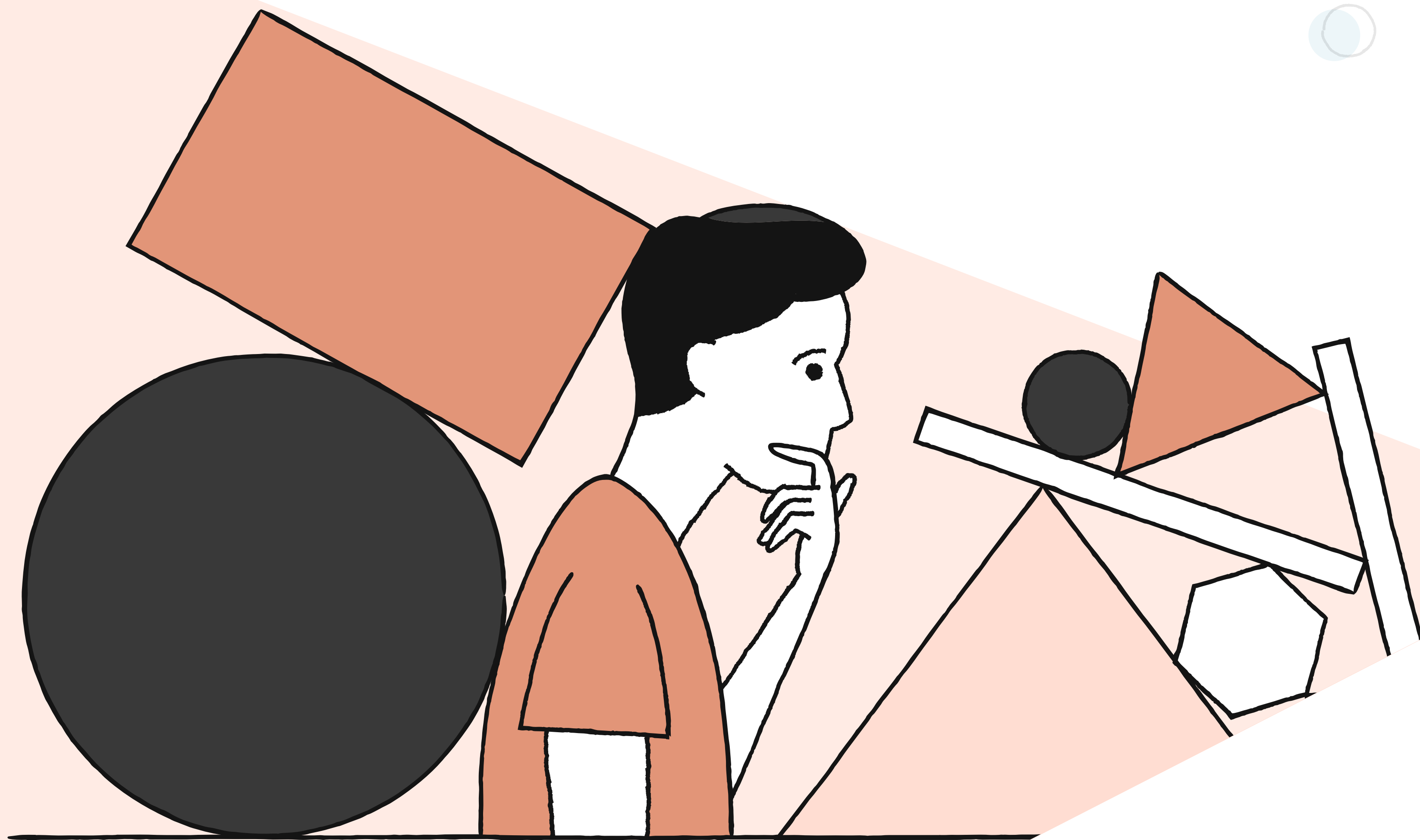
- What values and beliefs do I aspire to live by?
- What would I do if I were free from commitments and could start fresh?
- Who can I be moving forward?

STAGE
2

Navigating a Quarter-Life Crisis

Realizing Change is Possible

Pierce through the negative thoughts that will only serve to keep you stuck, and realize that change is possible. Dig deeper into your stage 1 reflections to come up with actionable ideas.



What might change look like?

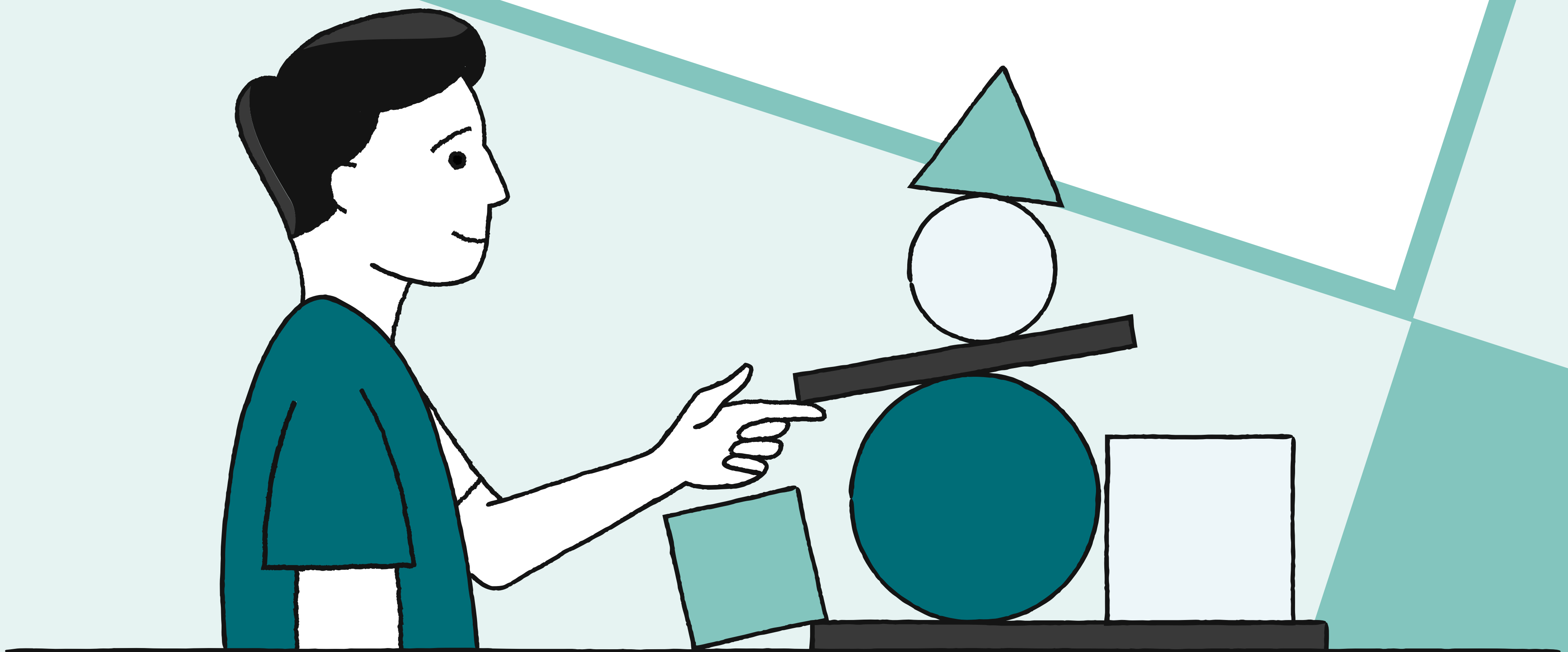
- What in my life no longer serves my growth and wellbeing? What needs to change?
- How does who I really want to be differ from who I have been?
- What do I really want out of life?
- What might I start, stop, and continue doing?

STAGE
3

Navigating a Quarter-Life Crisis

Rebuilding

Start taking action and rebuilding your life in a way that better aligns with your true values and worldview.



Begin to:

- **Prioritize your idea list.** Review your list from stage 2 and flesh out your most appealing ideas. Also, be open to the possibility of accepting some aspects of life which serve other areas of life that are meaningful to you. Change is definitely a big part of navigating a QLC, but not everything needs to change.
- **Experiment and explore.** Try new things, say yes to new opportunities, explore life, expand your horizons and gain exposure to a wider diversity of life. Be bold, curious, and follow your heart to discover how you truly want to live your life.

STAGE
4

Navigating a Quarter-Life Crisis

Solidifying

Create new structures to allow the changes that fit best to become a long-term part of your life



Return to a reflection-oriented mind space. Contemplate your answers to questions such as:

- How did experimenting with changes go?
- What did I learn?
- What feels better?
- What still feels off?
- Who am I now?
- Where is who I am now consistent now with who I was before?
- What other changes may be needed?

Use some of the following methods to internalize your life learnings and changes:

- Develop a formal set of life lessons/wisdom from your experience, or create a life purpose statement
- Make an accountability commitment to someone in your life that you trust. Promise to them to work stick with the changes and continue growing
- Share your experiences and learnings with others through teaching, coaching, writing, art, or other means
- Take a meaningful trip or create a ritual to honor of your process of transformation
- Conduct an integration therapy or coaching session