

Back on Track

*A workbook to find your starting
point for changing your life*



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Welcome

Sometimes we want a change, but don't know where to start. You know that you want your life to look and feel different than it does. You know that you might be spending too much time in unhealthy or unfulfilling tasks, and not enough time doing things that lift you up.

But what EXACTLY needs to be different? What kinds of changes will make you feel excited, confident, alive?

This workbook will guide you through a few simple steps to help you gain clarity about not just **what** you want to change, but **why** it really matters.

I can't wait to help you get back on track! Let's get started!



Katrin



HOW TO USE THIS WORKBOOK

If you have received this as a digital copy, you may choose to print the pages and write directly on them. If you don't want to print the workbook, then grab a journal or notebook and write your responses there. The workbook can be completed in one sitting, or you can work on it a little bit at a time. If possible, try to find a time and place where you will have minimal interruptions. Try taking a few deep breaths and settling your mind and body before you get started!

QUESTIONS?

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6 STEPS TO GETTING BACK ON TRACK



1

Where are you now?

2

Where do you want to go?

3

What will you bring along?

4

What will you leave behind?

How will you get there?

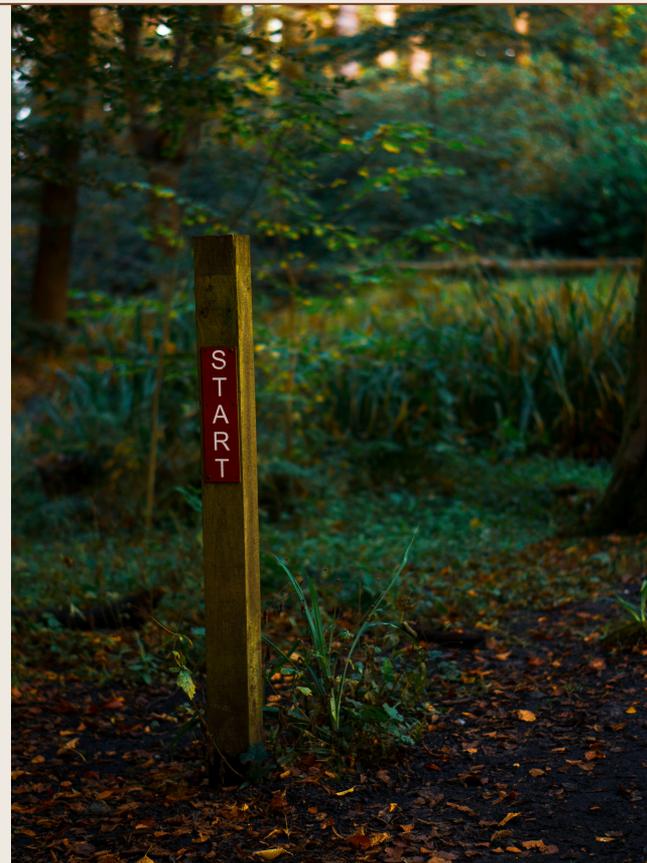
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6

Double-check your map

STEP ONE: WHERE ARE YOU NOW?

When you are buying an airline ticket, you need to know not just your destination, but also your departure point. The same is true when you are embarking on a journey of change. So, let's start by taking stock of how things are for you now.



When I think about my life right now, I feel:

Who are the people in my life that can offer encouragement and support?

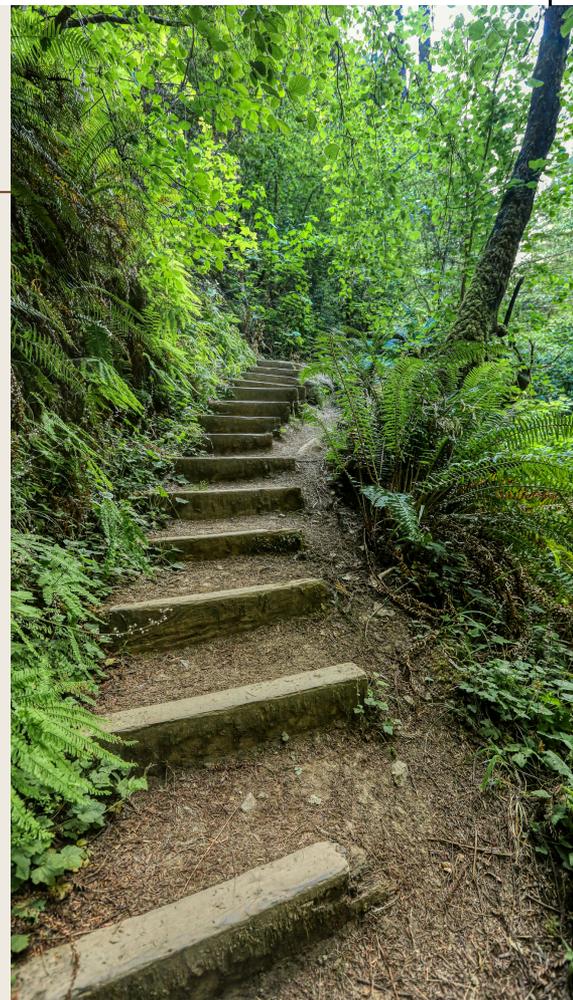
What personal strengths do I have that will help me as I make changes?

What practices, habits, or activities do I have that I want to continue?

STEP TWO: WHERE ARE YOU GOING?

Now that you know your starting point, you can look ahead to the destination. But here's the truth: the change itself is not really the point. The actual goal is how you will FEEL on the inside. You may have heard this referred to as the "why." **Why** might you decide to eat better, learn a new language, volunteer, or stop bingeing TV? Because of how you will **feel** after you make the change!

Make a list of words that describe how you want to feel in your life. Some examples are: energized, peaceful, in love, happy, relaxed. See if you can come up with at least 5 words that describe how you want to feel.



“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we've been waiting for. We are the change that we seek.”

-Barack Obama



STEP THREE: PACKING IN THE GOOD STUFF

Part of a successful journey is making sure that you are well-equipped. In this section, you will consider what might be missing in your life and identify what needs to be added in.

Think about your new life as an exciting journey. What do you want to have in your luggage? Circle all that apply. Use the space at the bottom to add anything that isn't listed.



time with family

a fun hobby

healthy diet

physical exercise

travel

time outdoors

close and supportive friends

romantic love

sex

time to be alone

volunteering

strong spiritual practice

exciting adventures

learning something new/taking a class

vibrant social life

financial freedom

beautiful home environment

opportunities to be creative

pet(s)

good physical health

good mental health

caring for the natural environment

Other items I want:

STEP FOUR: GETTING RID OF SOME BAGGAGE

In Step Three, you listed the things that you want to be part of life's journey. But in order to have a smooth journey, you also need to let go of those things are not needed and will just weigh you down. So open up your figurative luggage and start tossing out the things that you don't need in your life.

Think about the traits and activities that you wish to decrease in your life. Circle all that apply and use the space at the bottom to add in any that aren't on the list.



declining invitations

spiritual disconnect

procrastinating

avoiding things outside my comfort zone

saying yes to things I don't want

screen time

lacking confidence to try new things

smoking

unhealthy eating patterns

being stuck in a routine

avoiding hard conversations

holding a grudge

too much time at home

overspending

holding onto too much stuff/clutter

too little exercise

putting off medical appointments

tolerating bad behavior from others

putting myself down

overuse of alcohol

conflict with loved ones

trauma/unhealed emotional wounds

Other items I want to leave behind:

STEP FIVE: BUILD YOUR ITINERARY

The items that you circled in steps three and four will serve as the guide as you set the goals, or itinerary, that will get you to your destination (how you want to feel in your life).

Go back to Step Three and choose the one item that is the most important. Write it down under Goal One.

Now go back to Step Four and choose the one item that you most want to stop or decrease. Write it down under Goal Two.

For each goal, think about what small and actionable steps would help you achieve that change. For example, if you want a more vibrant social life, you can invite a friend to go to lunch, or join a club.

| GOAL ONE | GOAL TWO |
|--------------|--------------|
| ACTION STEPS | ACTION STEPS |
| | |
| | |
| | |

Tip: It's important to make the actions small and specific. Choose actions that are within your control and attainable. Say what you WILL do, not just what you WON'T do.

STEP SIX: DO A FINAL CHECK

When you are preparing for a trip, you probably take some time to double-check the details. Do I have my passport? Have I reserved the train tickets?

In this step, you will be making a final check to ensure that the goals and actions you have chosen will actually lead to your destination.

Go back to Step Two and look at the words that you chose to describe how you want to feel. Remember, this is your “destination.”

Write those words again here:

Now look at the itinerary (action plans) you created in Step Five and ask the following question:

If I follow this itinerary, will it lead me to my destination?

You can also try filling in the statement below:

If I have/do _____ by _____, will I feel _____?
Goal One Action Steps Destination Words

If the answer is no, then go back to Steps Three and Four and see if another set of goals are more likely to help you get to the feeling you are hoping for.

If the answer is yes, then congratulations! You have identified the route to change your life in a way that is both practical and meaningful. Go to the next page to craft your Back on Track statement.



YOU MADE IT!

It's time to write your statement and make a
commitment to yourself

I am ready to make a change in my life!

I am ready to start feeling _____!
(destination words)

In order to do this, I am going to start _____
(Goal One)
and stop _____.
(Goal Two)

I will accomplish this by:
(list of action steps)



CONCLUSION

Back on Track Workbook

I hope that this workbook has allowed you to identify what is most important to you, and has given you some clarity on what changes you most want to make in your life. I wish you much success in your journey!



Thank you

*Need some extra guidance along the way?
Please head over to www.katrinlynn.com for
more tools and resources for creating
meaningful changes and building your
fulfilling life.*



COMING SOON....

A 3-MONTH GUIDED JOURNAL TO REACH YOUR GOALS

Ready to put your plan into action? My new guided journal features evidence-backed weekly practices, daily check-ins, habit tracking, and journal prompts to help you understand yourself better and move closer to your life of fulfillment. Visit www.katrinlynn.com or email me at katrin@katrinlynn.com to be the first to know when it's available!





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