



PATHFINDER · v1.1

Participant Field Journal

Four practical stages for clarity, capability and direction.

A free resource for the public four-stage, twelve-lesson pathway. Paid editions and organization licenses are separate products.

PRIVATE COPY · Writing is optional

Name (optional)

Start date

Your work. Your pace. Your next step.

You may write, observe or pass. Use fictional examples and do not include personal health information.



HOW TO USE THIS JOURNAL

Learn, practice and review

Use these pages alongside the Pathfinder lessons. Each question has its own field. Choose what to write and what to share. In a compatible PDF reader, complete the fields and save a copy. Check the saved copy before sharing; you can also print the pages and write by hand.

This educational and recovery-support resource is not medical care, mental-health treatment, legal or financial advice, or an emergency service. In the United States, call or text 988 for crisis support and call 911 in an emergency.

My reason for beginning Pathfinder

What I want to be different in 90 days



STAGE 1 · Identity - Confidence - Direction

Discover Who You Are

By the end of this stage you will:

- Name personal strengths
- Identify guiding values
- Draft a personal direction statement

What challenge have I handled that reveals a strength?

Which five values matter most to me right now, and why?

What labels no longer describe the person I am becoming?

What would a clearer next 90 days look like?

Open journal for this stage



STAGE TOOL 1

Evidence - Strength - Transfer

What did I do?

What strength did the action show?

Where else can I use that strength?



STAGE COMMITMENT 1

Turn reflection into action

1. List three strengths and one piece of evidence for each.

2. Circle five values and rank the top two.

3. Complete: I am becoming a person who...

4. Choose one action this week that matches your direction statement.

My next action, date and evidence of completion

What worked, what caused friction and what will I adjust?



STAGE 2 · Resilience - Communication - Support

Strengthen How You Move Forward

By the end of this stage you will:

- Pause before reacting
- Recognize available choices
- Ask for support effectively

What signs tell me that stress is increasing?

What usually happens when I react without pausing?

Who can provide practical, emotional, or professional support?

What words could I use to ask clearly for help?

Open journal for this stage



STAGE TOOL 2

STOP practice

Stop: what is happening?

Take a breath: what changes when I pause?

Observe: what are the facts, feelings and body signals?

Pick: what is the next safe and useful action?



STAGE COMMITMENT 2

Turn reflection into action

1. Practice: Stop, breathe, name, choose.

2. Write two safe options for a current challenge.

3. Draft one clear support request.

4. Schedule one recovery-support or accountability check-in.

My next action, date and evidence of completion

What worked, what caused friction and what will I adjust?



STAGE 3 · Money - Education - Career

Build Real-World Capability

By the end of this stage you will:

- Create a basic money plan
- Map education options
- Build a career-readiness checklist

Where does my money currently go?

Which skill could improve my opportunities within six months?

What barriers could affect my education or employment plan?

Who or what organization can help me complete the next step?

Open journal for this stage



STAGE TOOL 3

Needs-first weekly money plan

Available income

Essential needs

Required payments

Savings or goal

Flexible spending

Remaining balance and next adjustment



STAGE COMMITMENT 3

Turn reflection into action

1. Complete a one-week income and needs plan.

2. Compare two education, training, or credential options.

3. Update one résumé section or create a first draft.

4. Complete one application, inquiry, or scheduled appointment.

My next action, date and evidence of completion

What worked, what caused friction and what will I adjust?



STAGE 4 · Clarity - Capability - Direction

Create Your Personal Pathway

By the end of this stage you will:

- Select priority goals
- Define next actions
- Choose progress checkpoints

Which goal matters most during the next 90 days?

How does this goal connect to my values?

What could interfere with the plan?

What support and accountability will help me continue?

Open journal for this stage



STAGE TOOL 4

90-day pathway

My priority goal

Why it matters

Milestone 1 and date

Milestone 2 and date

Milestone 3 and date

Support person and request

Weekly review day



STAGE COMMITMENT 4

Turn reflection into action

1. Write one 90-day priority goal.

2. Define three dated milestone actions.

3. Choose a weekly review day.

4. Name one support person and make the first request.

My next action, date and evidence of completion

What worked, what caused friction and what will I adjust?



PATHFINDER INTEGRATION

My 90-day commitment

The direction I am choosing

The first action I will complete in the next 72 hours

The person or resource I will ask for support

My weekly review day and time

Completion is evidence. Adjustment is learning. A checkpoint is information, not a verdict on your worth.

Open journal: what I want to remember or explore