



Travel Forward and Don't Look Back

Personal P.I.V.O.T.™ Travel Forward Worksheet

Use this worksheet when the Diagnostic has led you here because part of you is still facing backward. You may be yearning for what was, replaying what happened, regretting your choices, or waiting for closure before you allow yourself to move forward.

It makes sense that you keep looking back. Something important may have been lost, changed, mishandled, or left unfinished. But returning to it again and again cannot produce a different past. It only keeps pulling your attention away from the life that still needs you.

The past is real, but it is no longer where your power lives. You cannot go back. When you keep trying, you divert the energy you need to build what comes next. Rumination clips your wings, slows your movement, and makes change heavier than it already is.

The purpose is not to rush grief, demand closure, or pretend the past did not matter. It is to help you:

- Notice when yearning, regret, or rumination keeps turning you backward.
- Distinguish grief that needs care from replaying the past in search of another ending.
- Accept what cannot be changed and what may never be explained or resolved.
- Reclaim the attention and energy the past has been consuming.
- Commit to building the life that awaits you, even without closure.

Important: If grief rises and you need space to feel what was lost, return to Pause. Travel Forward begins when you are steady enough to stop asking the past to become different and choose the present, even without closure.

The Past I Keep Turning Toward

What am I still looking back at, and what keeps pulling me there?

Date

How much of my energy is facing backward? / 10
(1=little, 10=too much)



1 Notice When I Am Facing Backward

Looking back can feel like love, loyalty, problem-solving, or responsibility. I will begin by noticing when reflection has become a repeated attempt to return, undo, or receive a different ending.

What moment, relationship, decision, or version of my life do I keep revisiting?

What do I still wish could have happened differently?

What do I believe must happen before I can move forward?

What am I hoping the past will finally give me? Check all that feel true.

- ☐ An explanation that makes everything make sense.
- ☐ An apology, acknowledgment, or justice I have not received.
- ☐ A chance to undo my choice or create a different ending.
- ☐ Permission to stop blaming or punishing myself.
- ☐ A return to who I was or how life used to feel.
- ☐ Something else:



2 Decide Whether I Need To Grieve Or Stop Ruminating

Grief allows me to feel and honor what was lost. Rumination keeps replaying the same story as though one more review might change the ending. Both can hurt, but they do not ask the same thing of me.

When I look back, am I feeling what needs to be felt, or replaying what cannot be changed?

What feeling or loss still needs to be acknowledged?

What has rumination been promising me that it has not delivered?

What does repeatedly looking back do to my energy, mood, body, or ability to live now?

What would it look like to grieve what mattered without asking the past for another ending?

My grief reminder: Grief asks me to feel the truth of what was lost. Rumination asks the past to become different. I can honor my grief without living backward.



3 Accept That Closure May Never Come

I may never receive every answer, apology, explanation, or ending I wanted. Closure is not always something another person or the past can give me. I can still decide how I will live, even while something remains unfinished.

The closure, answer, or ending I wanted	What I can give myself now	What I choose even without it

What repair, apology, conversation, boundary, or lesson is still mine to address in the present?

What am I waiting for the past or another person to give me before I let myself move forward?

Complete this sentence: Even if I never receive , I choose to

My closure reminder: I may move forward without every answer, apology, or loose end resolved. Closure is not a condition the past must meet before I am allowed to live.



4 Reclaim The Energy I Have Been Sending Backward

Every return to the past uses attention that cannot also build my present. I will look honestly at what rumination has been costing me and decide where I want that energy to go now.

How I spend energy looking back	What it has slowed or taken from me	Where I want to invest that energy now

What part of my present life has received less of me because I have been facing backward?

What possibility, relationship, need, or responsibility needs that energy now?

What would become lighter if I stopped carrying the past into every new day?

My energy reminder: Rumination clips my wings. It keeps my attention circling what cannot change instead of helping me build what still can. I choose to bring my energy forward.



5 Turn Toward The Life That Awaits Me

Moving forward is not a betrayal of what happened or what mattered. It is an act of participation in the life that is still unfolding. I will begin to notice what is waiting for my attention, care, and courage.

What is waiting for my attention	Why it matters to me now	One way I will move toward it

What am I curious, hopeful, or quietly excited about now?

Who have I become because I survived, learned, changed, or chose differently?

What could my future receive if I stopped giving so much of today's energy to yesterday?

What will I stop doing when the past tries to pull me backward again?

My release reminder: Letting go does not erase the past or declare it acceptable. It means I will no longer give it the energy my future needs.



6 Commit To Moving Forward Without Closure

I do not need to feel completely finished with the past before I begin living forward. I need only to stop making my future wait for a different yesterday.

What am I choosing now, even though some questions or feelings may remain?

What is one concrete step that places my energy in the life ahead of me?

Watch: Just Start Where You Are Today (1 min 15 secs)

You do not need the whole path figured out. Start with where you are and what you can do from here.

When my mind returns to the past, what will I say or do to turn myself forward again?

Energy still facing backward now / 10 Change points

What do I need next?

- ☐ Pause. Grief is asking to be felt, and I need to steady and care for myself before moving forward. Go to the Pause worksheet.
- ☐ More Travel Forward. I am still waiting for the past to change or give me closure. I will revisit Sections 3 and 4.
- ☐ Support. The grief, trauma, guilt, anger, or harm feels too heavy to work through alone. I need professional psychological help.
- ☐ One forward step. I am ready to give my energy to the life that is here and the life that awaits me.

If grief is still asking to be felt: I will not use Travel Forward to silence or rush it. I can return to Pause, seek trusted or professional support, and come back when I am steady enough to choose movement. Grieving is not the same as surrendering my future.

My Travel Forward reminder: I cannot go back, and I will not make my future wait for a different past. I can carry the lesson without carrying all the weight. I choose to give my energy to the life that awaits me.

Need more support? If you would like help working through what is keeping you stuck, reach out to me at info@dancewithchange.com.