presents

A 30-DAY WORKBOOK

Small SHIFTs

A human-centered workbook for work, home, mental health, and everything in between.

30 PRACTICAL DAYS | 5 REAL-LIFE PHASES | 5–10 MINUTES A DAY

Works on paper. Even better in SHIFT. No perfection expected.

Gretchen Schoser

Founder, Schoser Talent and Wellness Solutions | Creator of SHIFT Thought Partner

Use the technology.
Keep the *humanity.*

Welcome to the messy middle of being *human.*

Hey there. Let's get one thing out of the way: I'm not going to promise you that 30 days will change your life. No miracle morning routine. No becoming a brand-new person before breakfast. And definitely no gold star for pretending you're fine.

What I *can* offer you is 30 chances to slow down and notice what's actually going on. Some days you'll be crushing it. Other days the inbox is on fire, three people need something from you, and you can't remember why you walked into the kitchen. Welcome to being human.

I'm Gretchen Schoser: business owner, AI educator, mental health advocate, and podcast co-host. I also know firsthand that the person everyone counts on can be quietly struggling inside. Capability and overwhelm can live in the same person. Ask me how I know.

> *We're human beings, not filing cabinets.*

Work stress comes home. Home stress comes to work. Grief doesn't check your calendar, and neither does anxiety. Pretending all those pieces live in separate boxes is exhausting.

That's why I built SHIFT Thought Partner, an app that walks you through your thinking with guiding questions and helps you land on one clear next step. Technology can help us organize our thoughts, but the human always comes first. A tool is not a therapist, a trusted friend, or a replacement for your own judgment.

Every page in here works with just a pen. When you want a thinking partner, SHIFT is right there. Miss a day? Come back when you're ready. Life decides to kick your butt for a week? This will still be here.

I'm really glad you're here. Let's figure some things out together, one small SHIFT at a time.

With gratitude, humor, and a whole lot of humanity,

Gretchen Schoser

MEET YOUR THINKING PARTNER

Bring what you're stuck on. Leave with one clear next *step*.

This workbook teaches the SHIFT method on paper. The **SHIFT Thought Partner** app walks you through it in a guided conversation, asking the right questions so you don't have to untangle everything alone.

S

Spot the load

Name what's actually taking up space.

H

Halt

Pause before you react, fix, or spiral.

I

Instruct clearly

Say what you need in plain words, to a person or a tool.

F

Filter the output

Keep what fits your life. Toss what doesn't. You're the judge.

T

Take the human step

Choose one real-world next step, not ten.

Not a blank chat box

SHIFT asks guiding questions. No prompt-writing required. Just say it in your own words.

Built for work and life

Hard conversations, competing priorities, big decisions, family stress, grief or major change, racing thoughts.

Yours, and private

Conversations save to your account. Nothing to install. Setup takes about a minute.

SCAN OR TAP TO BEGIN

Start a SHIFT →

mindshift.schosersolutions.com

SHIFT is not therapy, diagnosis, or crisis support, and it won't make decisions for you. You stay in charge.

HOW TO USE THIS WORKBOOK

No homework. No guilt. Just a place to *begin.*

Each day takes about five to ten minutes. Do it with your morning coffee, on a walk, or in the car before you go inside. (We've all sat in the driveway for a minute. No judgment.)

01
A little real life
A moment you'll probably recognize.

02
Your small SHIFT
One small, doable action.

03
Sit with this
A question to chew on.

04
Room to reflect
Space to write, doodle, or vent.

WAY 1
Grab a pen
Write right on the page. Every day works with nothing but you and a few quiet minutes.

or

WAY 2
Open SHIFT
Look for the **Try it in SHIFT** strip on every day, and bring that day's question to the app.

The ground rules

- **There is no "behind."** Start on Day 1, jump to the phase you need, repeat what works, or set it down for a while.
- **Skip anything that feels too personal.** No explanation needed, ever.
- **Some feelings belong with a person, not an app.** Share only what you're comfortable sharing, especially with technology.
- **Trying counts.** Every day ends with a checkbox. Check it if you showed up, even a little.

The five phases

01 DAYS 1–6
Name what you're carrying

02 DAYS 7–12
Work doesn't stay at work

03 DAYS 13–18
Home comes to work, too

04 DAYS 19–24
Use the technology. Keep the humanity

05 DAYS 25–30
One small SHIFT is enough

YOUR 30-DAY MAP

Color in a circle every time you *show up.*

Skipped days stay blank, and blank is allowed. This isn't a streak to protect. It's a record of the times you chose to check in with yourself.

PHASE 01
Name what you're carrying

1 The mental load inventory
2 The invisible stuff counts
3 Track your energy, not just your time
4 Too many tiny decisions
5 Honest doesn't mean oversharing
6 Check in, not check out

PHASE 02
Work doesn't stay at work

7 When work follows you home
8 The conversation on repeat
9 A boundary is not a betrayal
10 Busy and burned out are not synonyms
11 Leaders are human, too
12 Your work-life checkpoint

PHASE 03
Home comes to work, too

13 You arrived carrying something
14 Grief has more than one face
15 Caregivers need care, too
16 Money worries are real worries
17 Lonely in a crowded room
18 Your whole-life checkpoint

PHASE 04
Use the technology. Keep the humanity

19 What does AI mean to you?
20 Use AI as a thought organizer
21 Find the words for a hard message
22 Where technology ends
23 Practice a question safely
24 Your human-centered tech check

PHASE 05
One small SHIFT is enough

25 Talk to yourself like a friend
26 Ask for what you actually need
27 One tiny habit that fits your life
28 Make one manageable decision
29 Notice what has shifted
30 Your next human step

Started on: _____ **Why I picked this up:** _____

A NOTE ABOUT SUPPORT

Your well-being matters more than a *checklist.*

This workbook is for everyday reflection and finding practical next steps. It isn't therapy, medical advice, diagnosis, or crisis care. You can decide not to do any exercise, for any reason.

If what you're carrying feels bigger than this workbook can hold, please reach out to a therapist, a medical professional, someone you trust, or another source of support. Asking for help is a human strength, not a failed assignment.

988

If you need support right now

In the United States, call or text **988** to reach the 988 Suicide & Crisis Lifeline, any time, day or night. Outside the U.S., contact your local crisis line or emergency services. If you or someone else is in immediate danger, call emergency services.

A quick word about AI and privacy

When you use any AI tool, avoid sharing identifying, medical, financial, or other highly sensitive details unless you understand that service's privacy practices. Technology can offer ideas, and it can also misunderstand you. You make the decisions.

OUR GUIDING PRINCIPLE

Use the technology. Keep the *humanity.*

01

Name what you're carrying.

Before we decide what to do next, it helps to notice what's already taking up space in our heads. This phase isn't about fixing anything. It's about naming the load, without judging yourself for having one.

A THOUGHT TO KEEP CLOSE

You can't untangle something you haven't noticed.

This phase is for you if... Your brain feels crowded and you don't know where to start.

Too much in your head to sort on paper? SHIFT helps you untangle it, one question at a time.

Start a SHIFT →

01 The mental load inventory

A LITTLE REAL LIFE

Ever feel like your brain has 37 tabs open and one of them is playing music you can't find? That's the mental load. And it doesn't care which tabs are "work" and which are "home."

YOUR SMALL SHIFT

Set a timer for five minutes. Dump everything you're carrying onto the page: tasks, people, worries, appointments, half-finished conversations, the tiny stuff too. Don't organize. Don't edit. Just get it out of your head.

SIT WITH THIS

Which item surprised you? Which one is taking up way more space than it deserves?

ROOM TO REFLECT

TRY IT IN SHIFT

Brain dump feeling like soup? Pour it into SHIFT and let it help you find the one thing to start with.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Circle one thing to come back to later.

02 The invisible stuff counts

A LITTLE REAL LIFE

Some of the heaviest work is the work nobody sees. Remembering. Anticipating. Checking. Planning. Keeping everyone else on track. It never shows up on a to-do list, but it absolutely shows up in your energy.

YOUR SMALL SHIFT

Look at yesterday's list, or start a fresh one. Mark the responsibilities you've quietly picked up without anyone ever talking about it. Choose one you could name out loud to someone you trust.

SIT WITH THIS

What would it feel like to say, "I've been carrying this, and I could use some help"?

ROOM TO REFLECT

TRY IT IN SHIFT

Not sure how to say "I could use some help"? SHIFT can help you find the words.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Name one invisible responsibility.**

03 Track your energy, not just your time

A LITTLE REAL LIFE

A packed calendar never tells the whole story. Two hours with people who fill you up and two hours walking on eggshells are not the same two hours.

YOUR SMALL SHIFT

Check in three times today. Rate your energy from 1 to 5 and add one honest word: steady, scattered, fried, okay, hopeful. That's it. That's the whole exercise.

MORNING

1 2 3 4 5

One word: _____

MIDDAY

1 2 3 4 5

One word: _____

EVENING

1 2 3 4 5

One word: _____

SIT WITH THIS

When did your energy shift? What might have been behind it?

ROOM TO REFLECT

TRY IT IN SHIFT

Spotted a pattern? Talk it through in SHIFT to figure out what's behind it.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Notice one pattern without judging it.**

04 Too many tiny decisions

A LITTLE REAL LIFE

Ever stood in front of the fridge like it owed you an answer? That's decision fatigue, and it can make the most ordinary choices feel weirdly heavy.

YOUR SMALL SHIFT

Notice how many choices you make before lunch. No need to count perfectly. Then pick one recurring, low-stakes decision you could simplify starting tomorrow. (Same breakfast Monday through Thursday? Totally legal.)

The decision I'm simplifying

SIT WITH THIS

Where are you spending decision energy you'd rather save for something that actually matters?

ROOM TO REFLECT

TRY IT IN SHIFT

Bring the decisions that keep draining you to SHIFT and sort out which ones you can simplify.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Simplify one small choice.**

05 Honest doesn't mean oversharing

A LITTLE REAL LIFE

"I'm fine" is a handy shortcut. It can also become the automatic answer when we are very much not fine. You get to decide how much of your truth to share, and with whom.

YOUR SMALL SHIFT

The next time someone you trust asks how you're doing, try one accurate word or sentence instead of the autopilot answer. "It's been a lot today" is plenty.

SIT WITH THIS

How did it feel to give a more honest answer? Did anything change?

ROOM TO REFLECT

TRY IT IN SHIFT

Rehearse an honest check-in in SHIFT before you try it with a real person.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Practice one honest check-in.

06 Check in, not check out

A LITTLE REAL LIFE

You've spent five days noticing. That's not nothing. Awareness won't magically erase your responsibilities, but it does help you decide what actually deserves your attention.

YOUR SMALL SHIFT

Look back over your notes, even if you skipped some days. Use what you've got and finish the two sentences below.

I noticed...

I want to remember...

SIT WITH THIS

What's one source of overwhelm you understand a little better now?

ROOM TO REFLECT

TRY IT IN SHIFT

Take what you noticed this week to SHIFT and turn it into one clear next step.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Carry one insight forward.

02

Work doesn’t stay at work.

A rough meeting can follow you to dinner. An unfinished project can crash your sleep. We’ll look at those moments with curiosity, not blame, and find a few boundaries that fit your actual life.

A THOUGHT TO KEEP CLOSE

Closing the laptop doesn’t always close the tabs in your head.

This phase is for you if... Your workday keeps showing up in your personal time.

Work stuff on replay? SHIFT is great for prepping hard conversations and boundaries.

Start a SHIFT →

07 When work follows you home

A LITTLE REAL LIFE

You can leave the meeting and still be in it three hours later. Your body's on the couch. Your brain is drafting the reply you never sent.

YOUR SMALL SHIFT

Think of one recent moment when work crashed your time off. Name the specific trigger: a person, a deadline, a notification, or the thing you wish you'd said.

The trigger

SIT WITH THIS

What would have helped you shift out of work mode that day?

ROOM TO REFLECT

TRY IT IN SHIFT

Describe the moment work followed you home. SHIFT can help you build a better transition.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Identify one transition cue.**

08 The conversation on repeat

A LITTLE REAL LIFE

The meeting ended. The replay didn't. We rehearse better comebacks and run every possible interpretation of that one look. Exhausting, right?

YOUR SMALL SHIFT

Write three short lines below. Keep the facts separate from your guesses about what other people meant.

What happened (just the facts)

What I wish I'd said

What I actually need now

SIT WITH THIS

Is there a useful next conversation to have, or is this one ready to be set down?

ROOM TO REFLECT

TRY IT IN SHIFT

Stuck on replay? SHIFT helps you separate facts from guesses and decide: act or release.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Choose: act on it, or release it.

09 A boundary is not a betrayal

A LITTLE REAL LIFE

A boundary isn't a punishment. It's an honest statement about your capacity. And yes, people may need a minute to adjust when you start using one. That's normal, and it's okay.

YOUR SMALL SHIFT

Choose one realistic work boundary and make it specific. "I'll check messages at 8 a.m., not 6." "I'll ask about priorities before I say yes to more."

My boundary, in my own words

SIT WITH THIS

What makes this boundary hard to hold? What support would make it easier?

ROOM TO REFLECT



TRY IT IN SHIFT

Draft your boundary with SHIFT, then tweak the words until they sound like you.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Write one boundary in your own words.**

10 Busy and burned out are not synonyms

A LITTLE REAL LIFE

Some weeks are just busy. Other stretches leave you drained, detached, and unable to recharge no matter how much you sleep. This isn't a diagnosis. It's a chance to notice how work is actually affecting you.

YOUR SMALL SHIFT

Write three words that describe work right now, then three for how you'd like work to feel. If persistent exhaustion or distress is part of your picture, that's worth bringing to a qualified professional.

Work feels...		I want work to feel...
1	→	1
2		2
3		3

SIT WITH THIS

What is the gap between those two lists trying to tell you?

ROOM TO REFLECT

TRY IT IN SHIFT

Talk through the gap between your two lists in SHIFT and find one adjustment to try.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Name one adjustment worth exploring.**

11 Leaders are human, too

A LITTLE REAL LIFE

When people look to you, your tone and availability send messages you never meant to send. That doesn't mean you owe anyone permanent cheerfulness. It means awareness matters.

YOUR SMALL SHIFT

Think back over your last few work interactions. Was there a moment when stress was in the driver's seat? Write what happened and one thing you could try next time.

What happened

What I'll try next time

SIT WITH THIS

What would an honest, calm repair or clarification sound like?

ROOM TO REFLECT

TRY IT IN SHIFT

Practice a calm repair or clarification in SHIFT before the real conversation.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Practice one clearer message.**

12 Your work-life checkpoint

A LITTLE REAL LIFE

If work is sucking all the oxygen out of your life, that deserves attention. The goal isn't perfect balance (does anyone actually have that?). It's finding one place to create a little breathing room.

YOUR SMALL SHIFT

Pick one work situation that's been draining you. Describe what it looks like now, and what "slightly better" would look like. Not perfect. Slightly better.

What it looks like now

What "slightly better" looks like

SIT WITH THIS

What's one request, boundary, or conversation that could reduce the spillover?

ROOM TO REFLECT

TRY IT IN SHIFT

Bring the situation that's draining you to SHIFT and leave with one manageable experiment.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Pick one manageable experiment.**

03

Home comes to work, too.

Caregiving, grief, relationship strain, money worries, and loneliness don't politely wait in the parking lot. You shouldn't have to pretend they don't exist. This phase gives them some breathing room.

A THOUGHT TO KEEP CLOSE

You bring your whole humanity into every room.

This phase is for you if... Life outside of work is affecting your workday.

Some of this is heavy. SHIFT can help you sort out what support you need, at your pace.

Start a SHIFT →

13 You arrived carrying something

A LITTLE REAL LIFE

Nobody walks into a workday as a blank slate. Maybe the dog was sick. Maybe you barely slept. Maybe someone you love is going through it. That's not unprofessional. That's real life.

YOUR SMALL SHIFT

Before work or on a break, name one personal thing you're carrying today. You don't have to tell anyone or type it into an app. Just acknowledge it, privately, to yourself.

SIT WITH THIS

How might it be affecting your focus, your energy, or your patience today?

ROOM TO REFLECT

TRY IT IN SHIFT

Need a minute to name what you're carrying? SHIFT is a private place to sort it out.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Give your experience a name.

14 Grief has more than one face

A LITTLE REAL LIFE

Grief isn't only about losing someone to death. We grieve relationships, health, routines, roles, pets, and futures that changed without asking our permission. None of it follows a neat timeline.

YOUR SMALL SHIFT

If grief is part of your life right now, write one sentence about what changed and one about what support would actually feel helpful. And if today isn't the day for this one, skip it. Truly.

What changed

What support would feel helpful

SIT WITH THIS

What do you wish people understood about the loss you're carrying?

ROOM TO REFLECT

TRY IT IN SHIFT

When you're ready, SHIFT can help you find words for the support you need. No rush.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Honor what matters without rushing it.**

15 Caregivers need care, too

A LITTLE REAL LIFE

Caregiving can be deeply meaningful and completely exhausting, often in the same afternoon. Loving someone with your whole heart doesn't make the logistics, the worry, or the lost sleep disappear.

YOUR SMALL SHIFT

List three things caring for others asks of you each week. Then circle one area where help, flexibility, or even a small break might be possible.

1

2

3

SIT WITH THIS

Who or what could share even five percent of that load?

ROOM TO REFLECT



TRY IT IN SHIFT

Use SHIFT to turn "I need help" into one specific, doable request.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Consider one specific request for help.**

16 Money worries are real worries

A LITTLE REAL LIFE

Financial stress makes ordinary days loud. The last thing you need is someone telling you to "just relax" while bills and decisions are stacking up.

YOUR SMALL SHIFT

Notice one financial concern that's taking up headspace. Choose one safe, small action: open the statement, jot down your questions, or schedule time to ask for guidance. No big money decisions required today.

SIT WITH THIS

What would make this feel more manageable: information, a plan, or another person?

ROOM TO REFLECT

TRY IT IN SHIFT

Turn money worry into a question list in SHIFT. (No account numbers needed.)

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Choose information over avoidance.

17 Lonely in a crowded room

A LITTLE REAL LIFE

You can have coworkers, back-to-back meetings, and a full calendar and still feel alone. Connection isn't measured by how many people liked your last post.

YOUR SMALL SHIFT

Think of one person whose presence feels grounding. Send a simple hello or suggest a coffee. If reaching out feels like too much today, write down what you'd want to say.

SIT WITH THIS

What tends to get in the way of connection when you need it most?

ROOM TO REFLECT

TRY IT IN SHIFT

Not sure what to say when you reach out? SHIFT can help you draft a simple hello.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Make one gentle human connection.**

18 Your whole-life checkpoint

A LITTLE REAL LIFE

We've looked at how home and work bleed into each other. None of this means you're failing at either one. It means you're a person, not an org chart of separate departments.

YOUR SMALL SHIFT

Finish the sentence below. Then write one accommodation, conversation, or act of self-kindness that might help.

The personal thing affecting my work life most right now is...

Something that might help...

SIT WITH THIS

What would it look like to meet this with compassion instead of criticism?

ROOM TO REFLECT

TRY IT IN SHIFT

Bring the whole tangle to SHIFT: work and home together, the way it actually is.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Ask for one form of support.**

04

Use the technology. Keep the humanity.

AI can be genuinely useful for sorting ideas, practicing words, and breaking big tasks into smaller ones. It can also be wrong, overconfident, or completely miss the point. Here, we practice keeping the human in charge.

A THOUGHT TO KEEP CLOSE

Technology is the helper. You are the decision-maker.

This phase is for you if... You want to explore AI without losing control or connection.

This is where SHIFT shines. It's built for exactly this: AI that keeps the human in charge.

Start a SHIFT →

19 What does AI mean to you?

A LITTLE REAL LIFE

Some people are excited about AI. Some are suspicious. Some are just tired of everyone acting like they should already know how it works. Every one of those reactions deserves room.

YOUR SMALL SHIFT

Write three words you associate with AI. Then three words for how you want technology to feel in your life. Compare the two lists.

AI feels...		I want technology to feel...
1	→	1
2		2
3		3

SIT WITH THIS

Which beliefs came from your own experience, and which came from other people's noise?

ROOM TO REFLECT

TRY IT IN SHIFT

Curious but cautious? Try one low-stakes conversation in SHIFT and see how it feels.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Stay curious without surrendering your judgment.**

20 Use AI as a thought organizer

A LITTLE REAL LIFE

One of the most genuinely useful things AI can do is help untangle a messy list. It's not magic. It's a sorting table, and you're still the one running it.

YOUR SMALL SHIFT

Open SHIFT (or another AI tool you trust) and try the low-stakes example below. No fancy prompt-writing needed. Say it the way you'd say it to a friend. Then decide what you actually agree with.

TRY IT IN SHIFT · SAY SOMETHING LIKE

"I have three tasks: organize my desk, plan this week's meals, and return a library book. Help me choose a starting point."

SIT WITH THIS

Did it clarify your options, or miss something a human would know?

ROOM TO REFLECT



TRY IT IN SHIFT

SHIFT isn't a blank chat box. It asks the questions, so you don't have to write prompts.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Keep the decision in your hands.**

21 Find the words for a hard message

A LITTLE REAL LIFE

We've all written the first draft of a message that should absolutely never, ever be sent. Sometimes you have to get the frustration out before you can say what you actually mean.

YOUR SMALL SHIFT

Draft a low-stakes fictional message, or strip the identifying details out of a real one. Bring it to SHIFT (or another AI tool you trust) to clean it up. Then rewrite it yourself until it actually sounds like you.

TRY IT IN SHIFT · SAY SOMETHING LIKE

"Help me make this message clear, respectful, and specific. Keep my meaning, lose the heat: [your draft]"

SIT WITH THIS

What got better? What did the tool misread about your voice or the relationship?

ROOM TO REFLECT



TRY IT IN SHIFT

Paste a de-identified draft into SHIFT and ask it to lose the heat but keep the meaning.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Review before you ever hit send.

22 Where technology ends

A LITTLE REAL LIFE

AI can suggest words. It can't sit beside you at a hard appointment, give you a real hug, or know your whole story. Human connection is not an outdated feature.

YOUR SMALL SHIFT

List three situations where you'd want a person, not a tool. Then name one relationship or professional resource you want to keep close.

1

2

3

The person or resource I want to keep close

SIT WITH THIS

What human support could you strengthen this week?

ROOM TO REFLECT



TRY IT IN SHIFT

Use SHIFT to plan the human conversation, not replace it.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Protect one real-world connection.**

23 Practice a question safely

A LITTLE REAL LIFE

Sometimes it's easier to rehearse a question before asking a real person. Just remember: a chatbot isn't private by default, and it won't always get things right.

YOUR SMALL SHIFT

Pick an everyday, non-sensitive question you've been hesitating to ask. Practice it in SHIFT, then check the answer against your own knowledge or a trusted source.

TRY IT IN SHIFT · SAY SOMETHING LIKE

"I want to ask my manager for a schedule change. Help me practice bringing it up in a clear, confident way."

SIT WITH THIS

Did practicing make it easier to ask a real person for what you need?

ROOM TO REFLECT

TRY IT IN SHIFT

Rehearse your question in SHIFT, then take it to a real person.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Use practice to prepare for real life.**

24 Your human-centered tech check

A LITTLE REAL LIFE

There's no prize for using every shiny new tool. Technology earns a place in your life by being useful, understandable, and respectful of your choices.

YOUR SMALL SHIFT

Finish the two sentences below. Didn't use AI this week? Reflect on what would make you comfortable trying it, or confident deciding not to.

AI helped me...

I want to be careful about...

SIT WITH THIS

What's one part of your values or judgment that no tool should ever replace?

ROOM TO REFLECT



TRY IT IN SHIFT

Used SHIFT this week? Look back at your saved conversations and notice what actually helped.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Decide what belongs in your toolkit.

05

One small SHIFT is enough.

We're not chasing perfection. We're taking what you've noticed and turning it into a few manageable choices. Real progress is usually quiet: asking for help, resting, choosing the next right thing.

A THOUGHT TO KEEP CLOSE

A small step still counts. Especially on a hard day.

This phase is for you if... You're ready for one realistic next step, not a makeover.

Ready for your next step? Helping you land on one is what SHIFT was built to do.

Start a SHIFT →

25 Talk to yourself like a friend

A LITTLE REAL LIFE

It's wild how compassionate we can be with the people we love, and then hand ourselves the harshest performance review in the building. You deserve some of that same kindness.

YOUR SMALL SHIFT

Write down one thing you've been criticizing yourself for lately. Now imagine a friend telling you that exact story. Write what you'd say to them.

What I've been telling myself

What I'd tell a friend

SIT WITH THIS

What's different about those two voices? Which one actually helps you move forward?

ROOM TO REFLECT



TRY IT IN SHIFT

Tell SHIFT what your inner critic has been saying, then practice the kinder voice.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Borrow your kindest voice.**

26 Ask for what you actually need

A LITTLE REAL LIFE

The people who are great at handling things are often terrible at asking for help. (Speaking from experience here.) You don't have to wait until you're running on fumes to make a request.

YOUR SMALL SHIFT

Write one clear sentence that starts with "It would help me if..." Keep it specific and realistic. You can practice the words without sending them today.

It would help me if...

SIT WITH THIS

What makes asking for support feel hard? What might make it feel safer?

ROOM TO REFLECT

TRY IT IN SHIFT

Shape your "It would help me if..." sentence in SHIFT until it feels right to say.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Practice one clear request.**

27 One tiny habit that fits your life

A LITTLE REAL LIFE

Let's skip the dramatic reinvention. A habit that survives a chaotic Wednesday beats a perfect routine you've abandoned by Friday.

YOUR SMALL SHIFT

Choose one two-minute practice: close the laptop and stretch, jot tomorrow's first priority, step outside, or check in with someone. Make it small enough that you'll actually repeat it.

My two-minute habit

When and where I'll do it

SIT WITH THIS

What would help you come back to this habit without turning it into one more obligation?

ROOM TO REFLECT



TRY IT IN SHIFT

Pick your two-minute habit with SHIFT and figure out where it fits in your real day.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Try the smallest sustainable version.

28 Make one manageable decision

A LITTLE REAL LIFE

Not every decision needs a spreadsheet, a committee, and three sleepless nights. Some just need a little clarity and permission to choose.

YOUR SMALL SHIFT

Pick one low-stakes decision you've been putting off. Map two realistic options and their tradeoffs. If it's a big, high-stakes decision, use this only to organize your questions, not to rush your choice.

Option A

THE OPTION

TRADEOFFS

Option B

THE OPTION

TRADEOFFS

SIT WITH THIS

What matters most to you in this decision?

ROOM TO REFLECT

TRY IT IN SHIFT

Lay out Option A and Option B in SHIFT and get clear on what matters most.

mindshift.schosersolutions.com

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP Take one appropriate next step.

29 Notice what has shifted

A LITTLE REAL LIFE

Progress rarely shows up with fireworks. Sometimes it's realizing you asked for help sooner, cut yourself a little slack, or finally stopped replaying that conversation.

YOUR SMALL SHIFT

Go back to your Day 1 list if you have it, or make a new one. Notice what's changed, what hasn't, and what feels a little more understandable. No need to force a happy ending.

What changed

What didn't (and that's okay)

SIT WITH THIS

What do you know about yourself now that you might not have noticed before?

ROOM TO REFLECT



TRY IT IN SHIFT

Used SHIFT along the way? Your saved conversations show how far you've come. **mindshift.schosersolutions.com**

☐ I gave this a try *(and that counts)*

ONE HUMAN NEXT STEP **Recognize one real change.**

30 Your next human step

A LITTLE REAL LIFE

Thirty days isn't a finish line for being human. You're still going to have messy days, and that's okay. The win is having more ways to respond when they show up.

YOUR SMALL SHIFT

Finish the two sentences below. Then choose one next step: a conversation, a boundary, a professional resource, a rest day, or something that brings you joy.

I used to think...

Now I'm considering...

My one next step

SIT WITH THIS

What kind of support (human, professional, or technological) will help you keep going?

ROOM TO REFLECT

TRY IT IN SHIFT

Choose your next step in SHIFT, and keep the conversation going after Day 30.

mindshift.schosersolutions.com

☐ **I gave this a try** *(and that counts)*

ONE HUMAN NEXT STEP **Choose one next step, not ten.**

YOUR NEXT CHAPTER

You didn't need to be perfect to get *here.*

If you made it through every page, I'm so glad. If you opened this twice and found one exercise that helped, I'm glad about that too. This was never about earning a completion badge. Maybe you made a small change. Maybe you just have better words for a hard experience. Both matter.

And when the next messy week shows up (it will), you can always come back to Day 1, or open SHIFT and start from wherever you are.

SHIFT
THOUGHT PARTNER

The workbook ends here. Your thinking partner doesn't.

Bring whatever shows up next: the messy meeting, the hard conversation, the decision you keep circling. SHIFT asks the questions, you stay in charge, and you leave with one clear next step.

mindshift.schosersolutions.com

Start a SHIFT → Setup takes a minute. Nothing to install.

BRING THIS TO YOUR WORKPLACE

Healthier teams start with honest conversations.

I partner with organizations on workplace wellness, AI literacy, and human-centered change, so no one gets left behind when technology changes. Workshops, keynotes, and consulting that actually feel human.

Book a chat: calendly.com/schosersolutions/chat-with-gretchen

SchoserSolutions.com gretchenschoser@schosersolutions.com linkedin.com/in/gaschoser



A FINAL NOTE FROM GRETCHEN

Keep the human *part.*

I don't believe people need another voice telling them they're behind. I believe they need more spaces where they can be honest, get practical, and feel seen.

That's what SHIFT is about. Not letting technology do our living for us, but using it thoughtfully while we keep showing up for one another.

Thank you for spending some of your time with me. Keep asking the questions, keep laughing when life gets ridiculous, and keep finding joy wherever you can.

With heart, humor, and a whole lot of humanity,

Gretchen Schoser

Founder, Schoser Talent and Wellness Solutions
Creator, SHIFT Thought Partner · Mental Health Advocate

Use the technology. ***Keep the humanity.***