



A JOURNAL WORKSHEET FOR AUGUST 2026

The Long Threshold

Six questions for a transition that's gone on longer than you thought it would.

BEFORE YOU START

Take each question one at a time. If a question doesn't land, skip it and come back. If a question stays with you for a week before you feel like you're finished with it, that's the point.

QUESTION ONE

What have you been waiting on that hasn't arrived?

WAYS IN

- Is there something specific you've been telling yourself is almost here?
- What have you been counting on to change your life, and how long have you been counting on it?
- If it doesn't have a specific name, describe it by how it would change your life.

QUESTION TWO

How are you performing your spirituality instead of living it?

WAYS IN

- Are there practices you do because you think a spiritual person should?
- Is there language you use that isn't authentic to you?
- Are there things you've stopped doing because they aren't "spiritual enough," but they used to bring you joy?

QUESTION THREE

Which parts of your inner life do you have no one to talk to about?

WAYS IN

- What do you think about that you never say out loud?
- Is there a spiritual experience you've never told anyone?
- What would you say if you had one person who could hear it?

QUESTION FOUR

What do you sense in your body that you can't put into words?

WAYS IN

- Where in your body is the sensation?
- When did you first notice it?
- What happens when you try to ignore it?

QUESTION FIVE

What does steady look like for you if the transition is going to be longer than expected?

WAYS IN

- What kind of stamina have you been trying to keep up that you can't?
- If this stretch lasts two more years, what would you stop doing?
- What could you keep doing without feeling like you're white-knuckling it?

QUESTION SIX

What are you making yourself do to "earn" rest?

WAYS IN

- What has to be finished before you let yourself stop?
- Whose voice is telling you to keep going?
- What would it take to rest first and see what happens after?

Change is happening in the sitting and waiting more than in the breakthrough.

"It is when we are in transition that we are most completely alive" –William Bridges