

Really, Now What? What's in the Mix.

Now What? Mixed Tapes Summit • May 19, 2026

Facilitator: Rachel Maxcy

This worksheet moves through the Big 5 Luminous Map. You don't need to fill in everything — write what's useful. The page holds it, not you.

A note on free writing: Write without stopping. Don't edit for usefulness. If you get stuck, write "I don't know what to write" until something real surfaces. Nothing you write here is permanent or public — it's a thinking tool, not a performance.

STEP 1

Relight

Pause before reacting **5 min**

What feeling is most present right now?

What still matters, even if I don't know what to do with it yet?

STEP 2

Locate

Name what's in the jar **7 min**

What is in the jar right now?

Consider: your role or job search, your body and energy, money, risk, confidence, what you no longer want to tolerate.

What am I pretending is fine that is not fine? (optional)

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STEP 3

Reclaim

Let earned judgment count **5 min**

Three strengths or forms of judgment I have earned are...

These don't have to sound shiny. "I know when a project is going sideways." "I can hold a hard conversation." "I know how to keep a team steady under pressure."

STEP 4

Connect

Receive clean reflection **20 min**

Speaker

Share where you are, what still matters, and one possible next move. You don't have to have it figured out.

Listeners

Reflect one strength, pattern, word, or truth you heard. No fixing, rescuing, diagnosing, or advice.

Timekeeper

Keep the jar equal. Each person gets equal time to speak and receive.

Clean reflection sounds like: "One strength I heard was..." · "One pattern I noticed was..." · "One word that kept coming through was..."

Notes from what I heard:

STEP 5

Move

Choose one credible action **5 min**

One move that fits my current capacity is...

The kind of support I need next is...

The word I am leaving with is...

The sentence I want to remember is...

The move I can take next is...