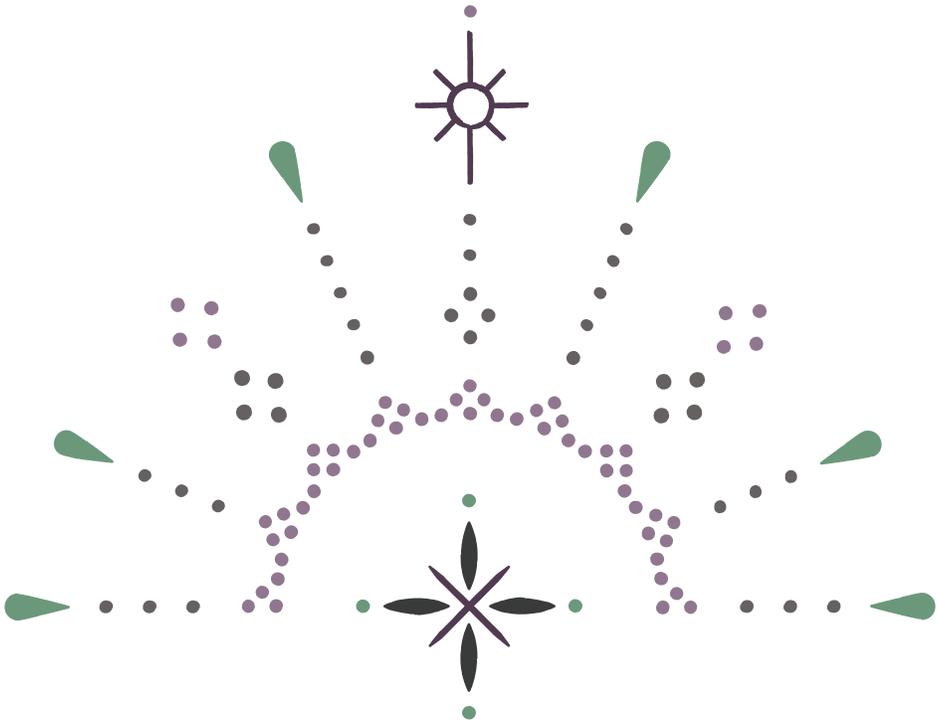


# CLARITY WORKSHEET



# IGNITE YOUR TRUE SELF



## 30-Days to Design Your Clear Path Forward

Unlock the clarity and confidence you need to lead your life authentically

- Daily reflective prompts for immediate clarity.
- Empowering practices to break free from limiting patterns.
- Inspirational messages that fuel your bold journey.

## Activate Your Alignment Journey Now

**START YOUR JOURNEY TODAY AND TRANSFORM YOUR TOMORROW.**

**This course is designed to help you:**

- Uncover your core values and break free from old patterns.
- Discover daily practices that fuel your energy and empower your decisions.
- Embrace the bold, authentic life you were destined to live.

This process can be started anytime and offers an opportunity to align your mindset, actions, and energy with the life you truly desire.

**Sign Up Here...**



## **Introduction:**

Clarity emerges when we connect deeply with our true selves and listen to our inner wisdom. This worksheet is designed to guide you through a reflective process, enabling you to gain insight and uncover answers that already exist within.

Take your time, breathe deeply, and allow these questions to create space for clarity and peace.

### **1 - Establish Presence and Grounding**

**GOAL:** Connect to the Present Moment

**What is your current emotional state?** (Rate on a scale from 1-10) \_\_\_\_\_

1 = Upset, moody, intense; 10 = Happy, calm, relaxed

**What thoughts and emotions are moving through your mind right now?**

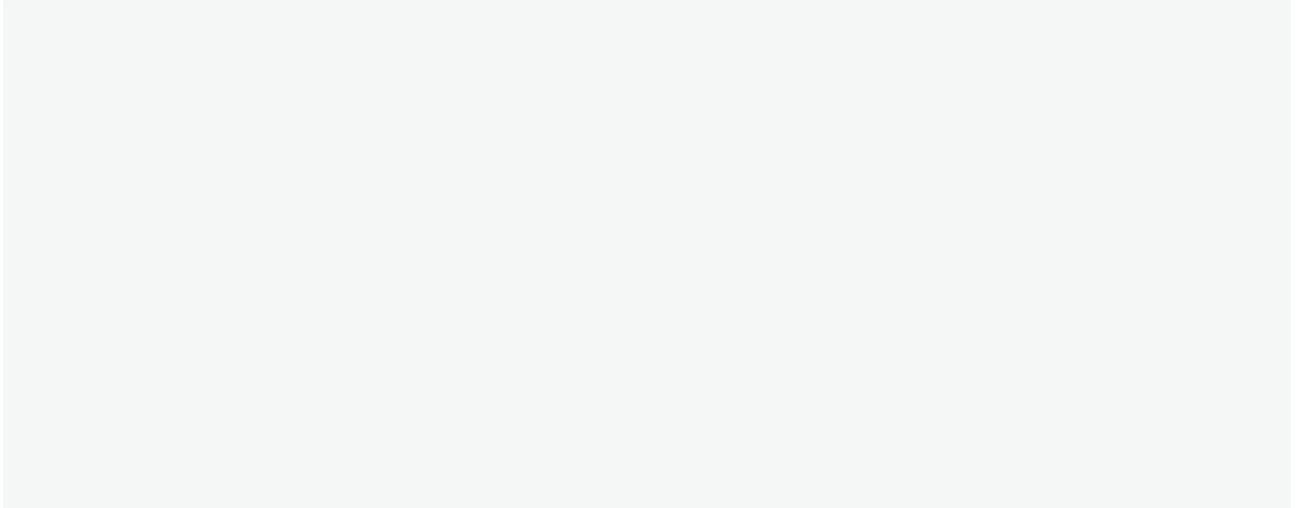
**Close your eyes and take three deep breaths. What sensations do you feel in your body?**

**What would it feel like to release the tension or uncertainty you're carrying?**

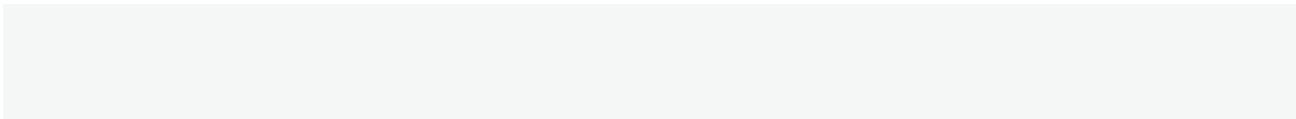
## 2 - Defining the Problem to be solved or the decision to be made

**GOAL:** Gain Perspective

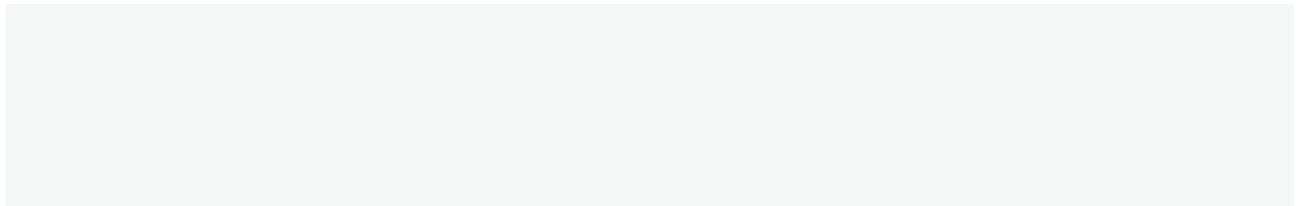
**What is the decision or problem you are facing? State the problem and try to avoid "if then then this scenarios".**



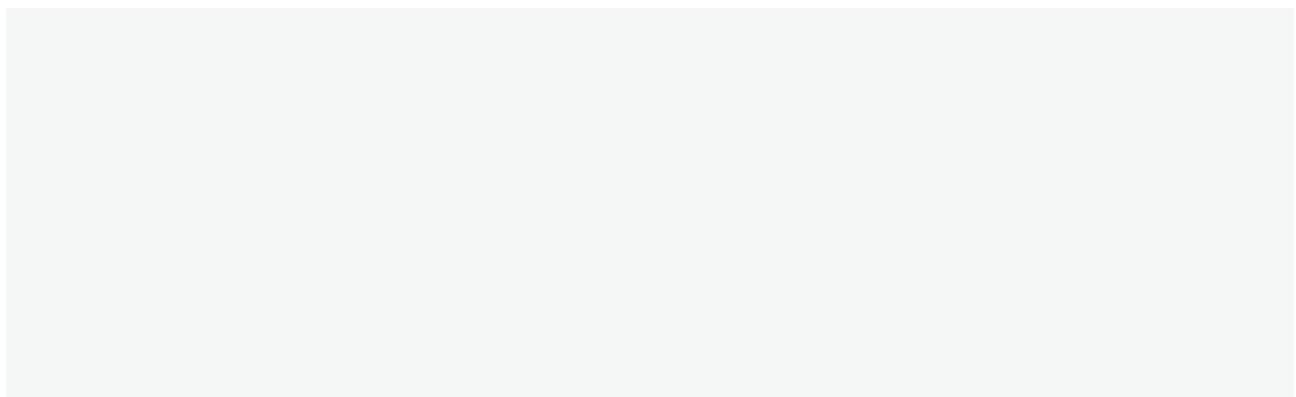
**Describe the situation in one sentence. What is it in a "nutshell"?**



**What about this situation feels most unclear or overwhelming to you?**



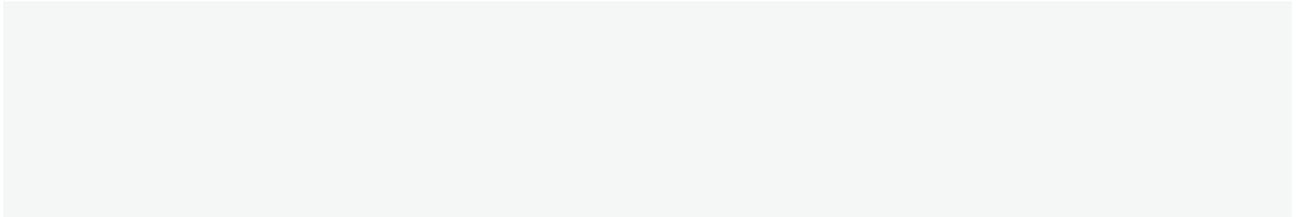
**What are you afraid might happen if you make the "wrong" choice?**



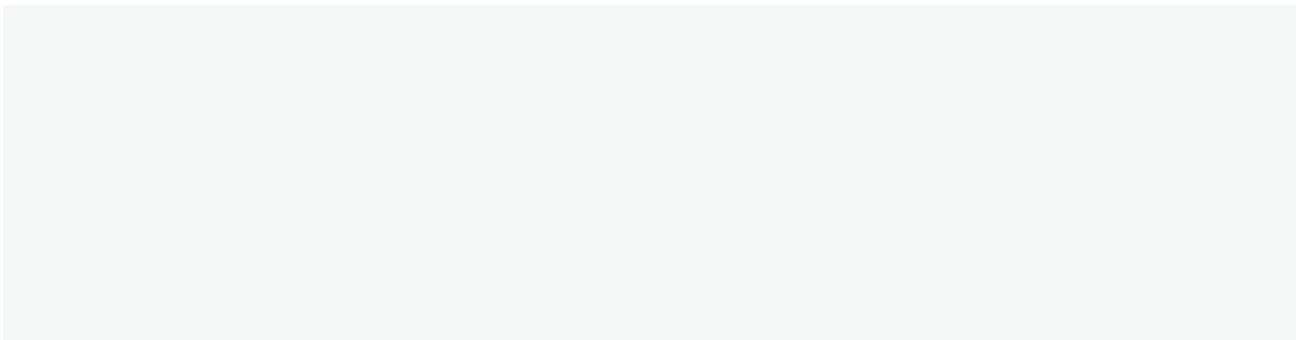
### **3 - Tuning Into Your Inner Wisdom**

**GOAL:** Listening to your Intuition

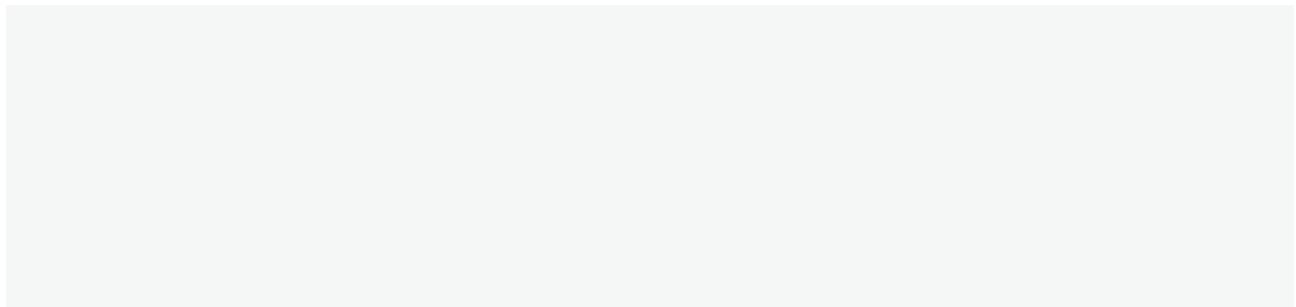
**What does your intuition say about this situation? What is the first response that comes up when you ask, "What is my next best step?"**



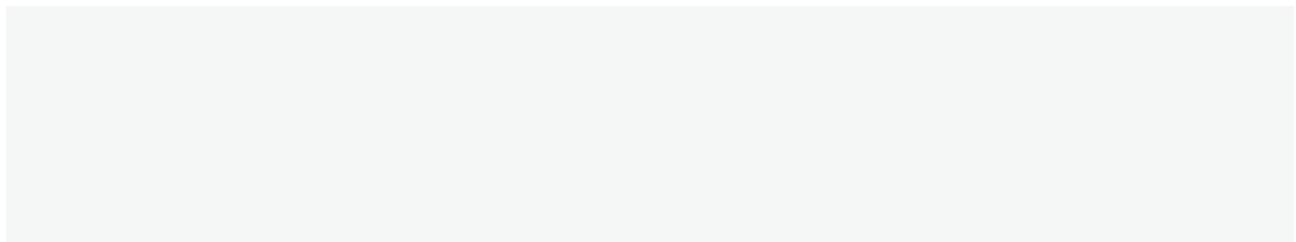
**If you were to act on this intuitive guidance, what would that look like?**



**Are there any other options or paths forward that come to mind?**



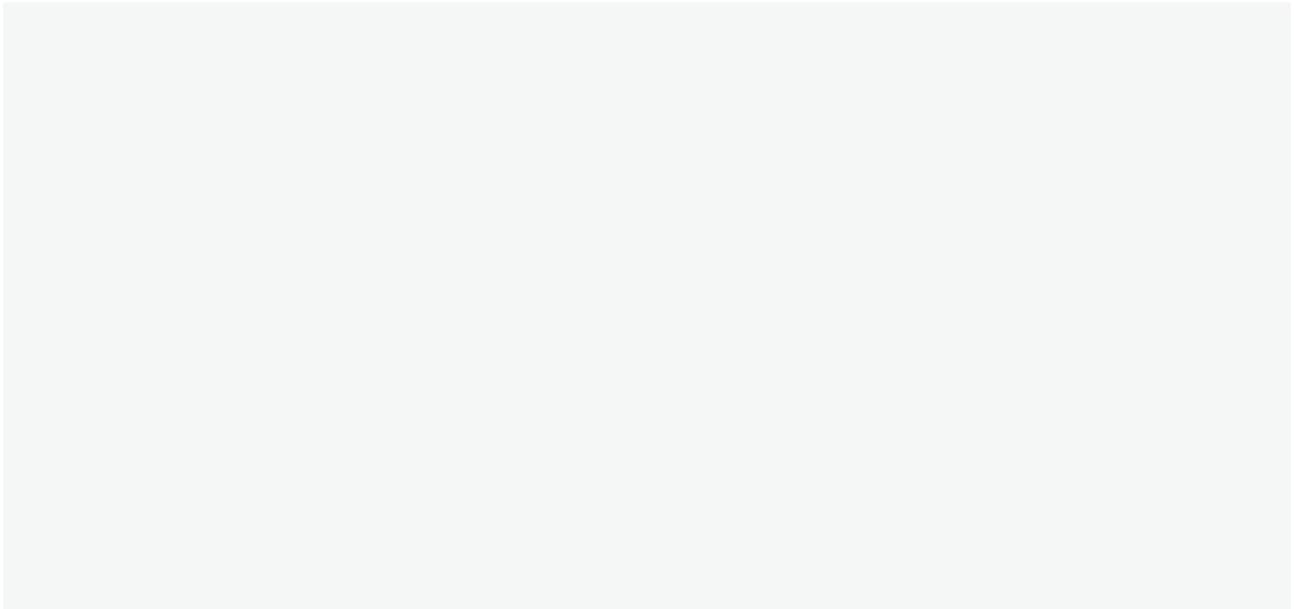
**How does your body react when you think about each potential option? Which option feels lighter or more expansive?**



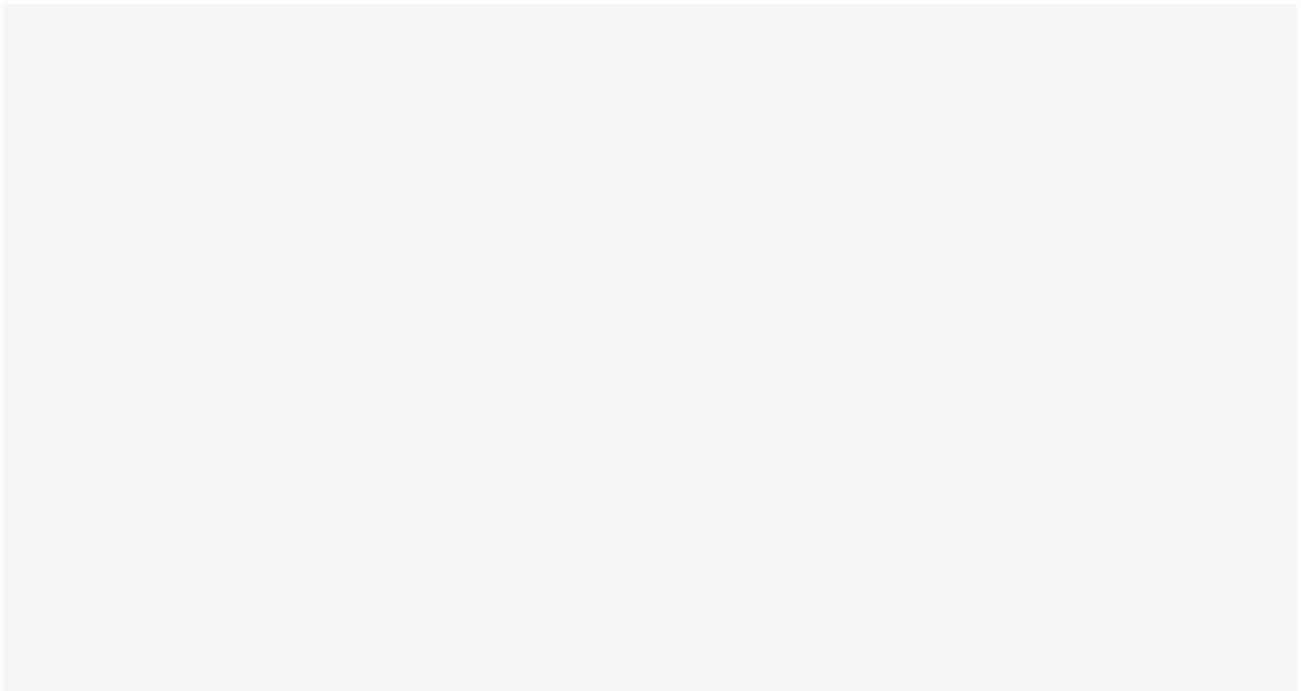
**4 - If you are still unclear or afraid to take action explore underlying energies and patterns (optional)**

**GOAL:** Understand your emotional blocks and energetic imbalances

**What beliefs or stories are you holding onto about the situation? Are there past experiences that are holding you back?**



**Take a moment to reframe these beliefs and old stories. Make them untrue - even if you don't believe it yet. For example, turn "I am not qualified enough..." to "I am qualified because x,y,z."**

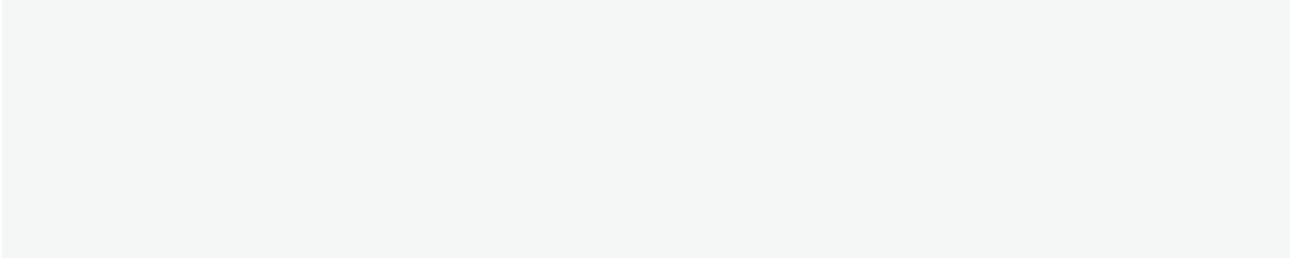


## 5 - Align with your higher self

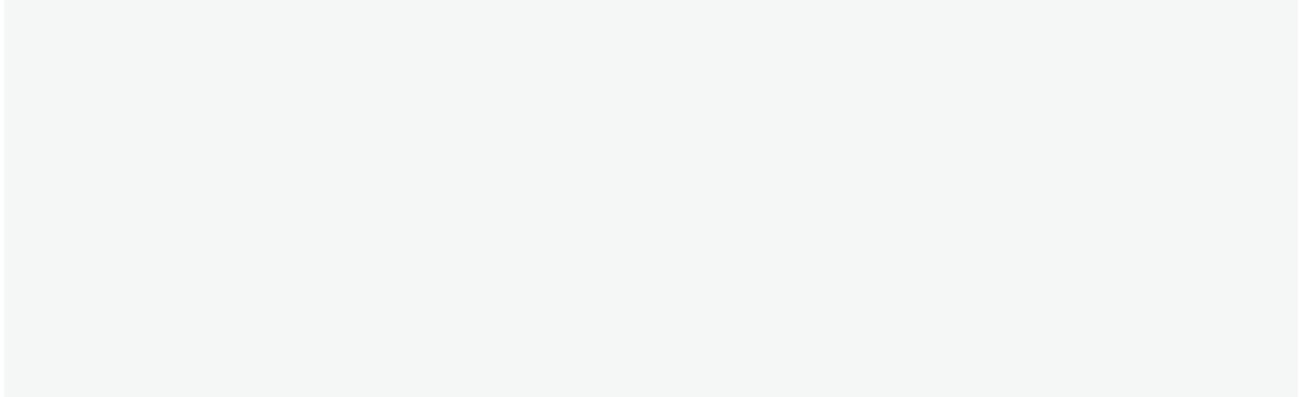
**GOAL:** Connect to your authentic self and purpose

**What decision would you make if you were acting in alignment with your highest self?**

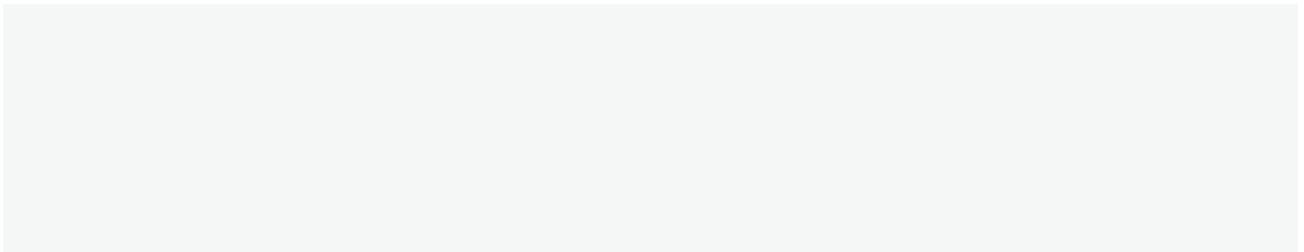
**What would your higher self do in this situation?**



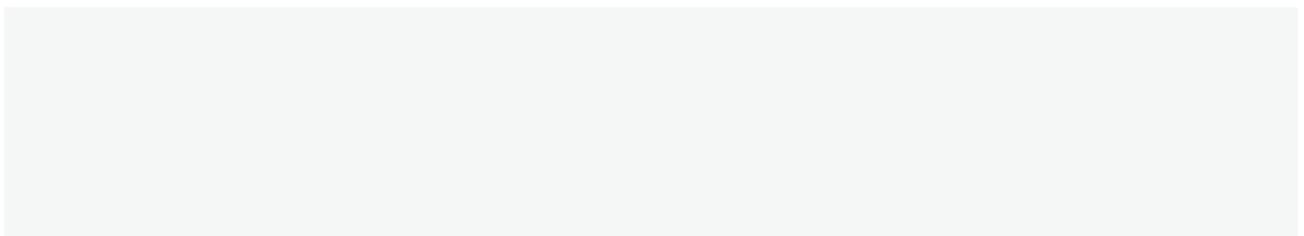
**Imagine yourself five years from now. Which decision would you want to look back on and regret doing (or NOT doing)? Why?**



**If you knew you were supported and everything would work out perfectly, what decision would you make?**



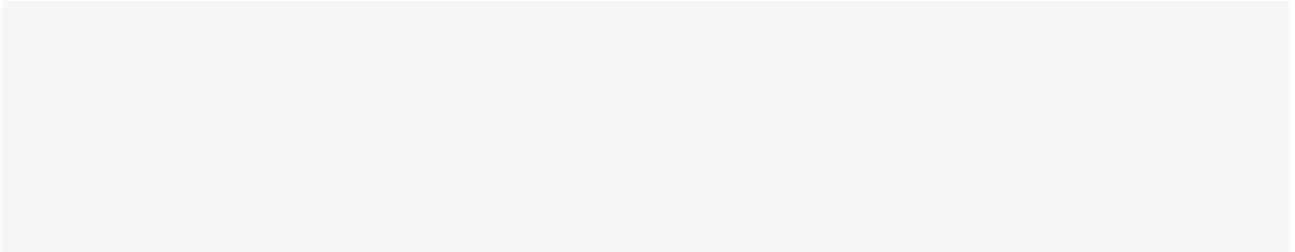
**Does this decision align with your core values and long-term vision? How so?**



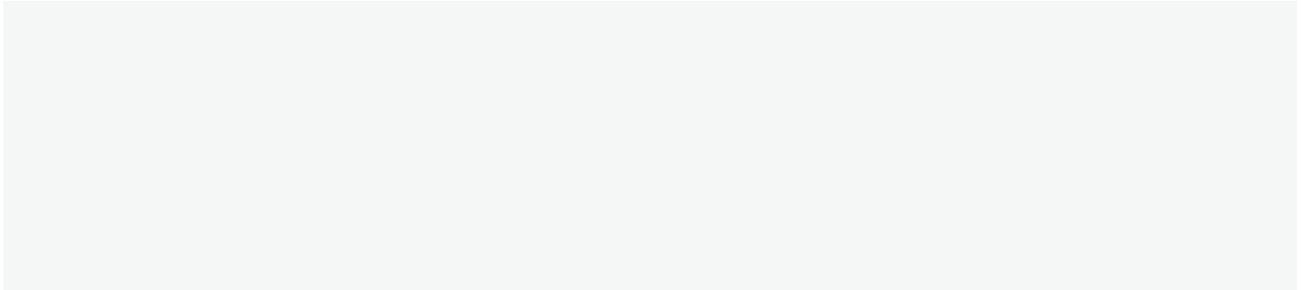
## **6 - Take Inspired Action**

**GOAL:** Embrace Clarity

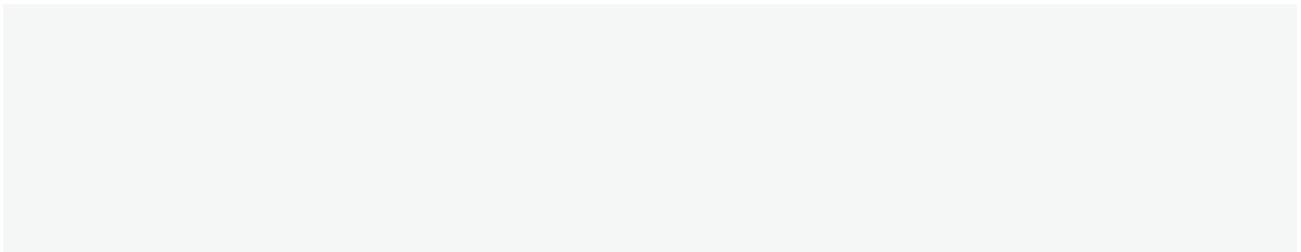
**What is one small action you can take today to move toward your desired outcome?**



**How can you stay open to new insights or guidance as you move forward?**



**What rituals, practices, or affirmations will help you stay connected to your inner wisdom?**



**How can you honor yourself as you navigate this situation or decision?**

