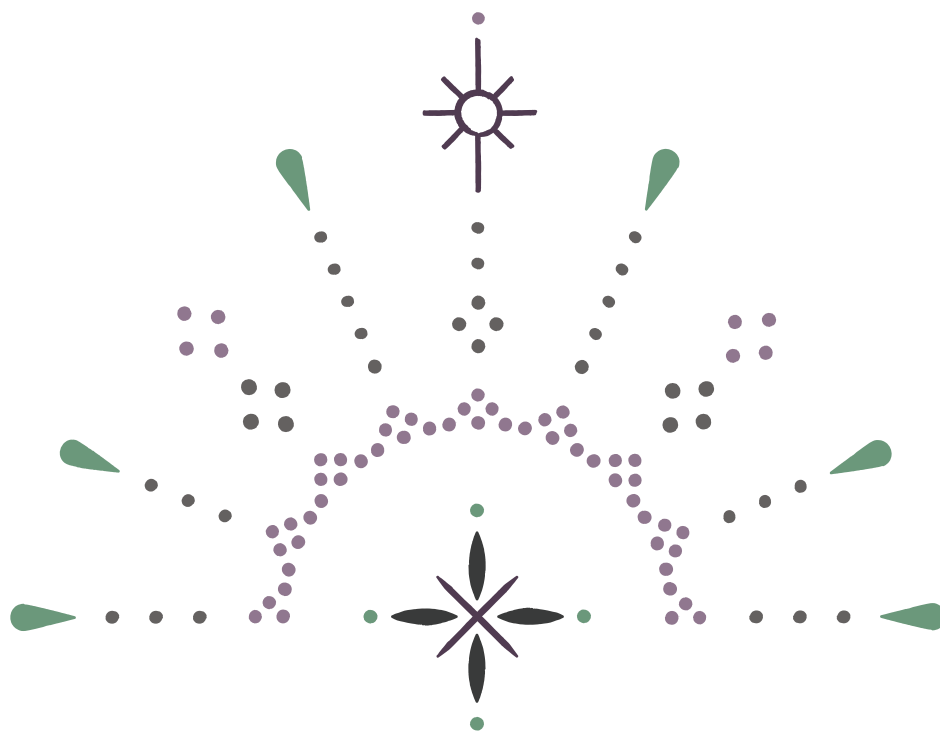


# CLARITY WORKSHEET

If you would like to learn more about how to trust your intuitive voice -

**[Check out my Trust Your Intuition Guide 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?**

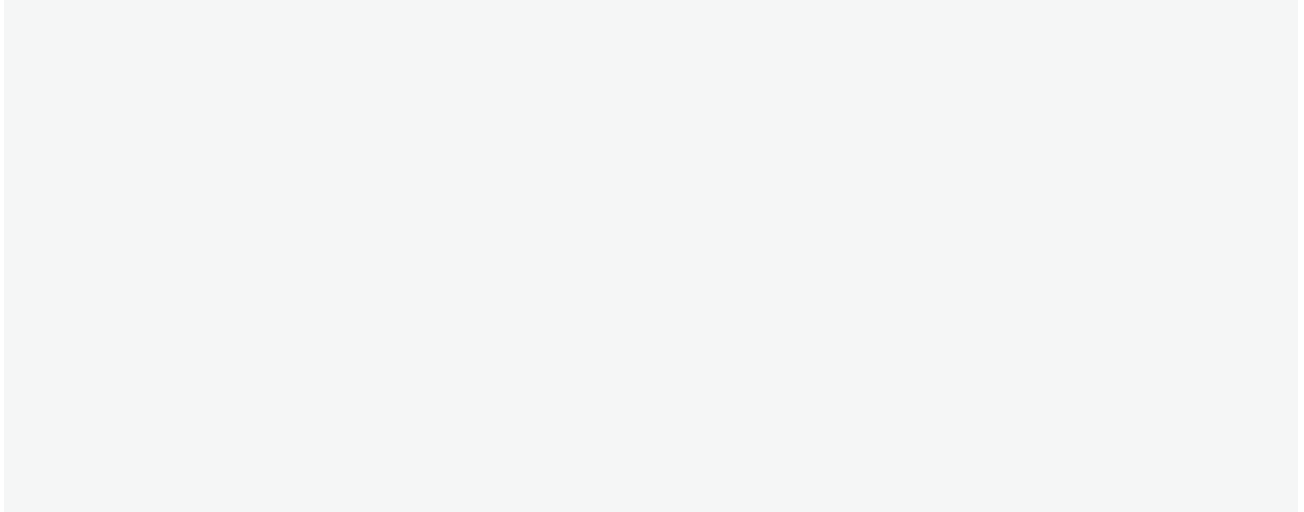
**Close your eyes and take three deep breaths. What sensations do you feel in your body?**

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

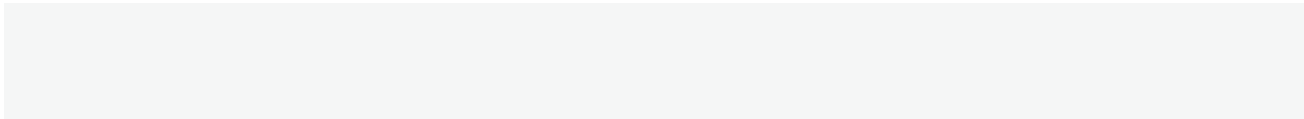
## 2 - Defining the Problem to be solved or the decision to be made

**GOAL:** Gain Perspective

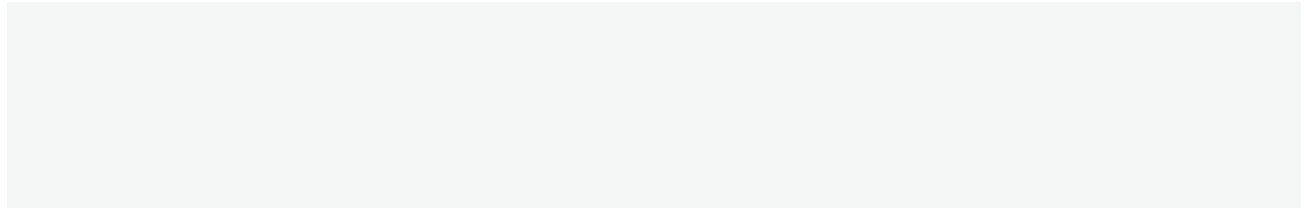
**What is the decision or problem you are facing? State the problem and try to avoid "if then then this scenarios".**



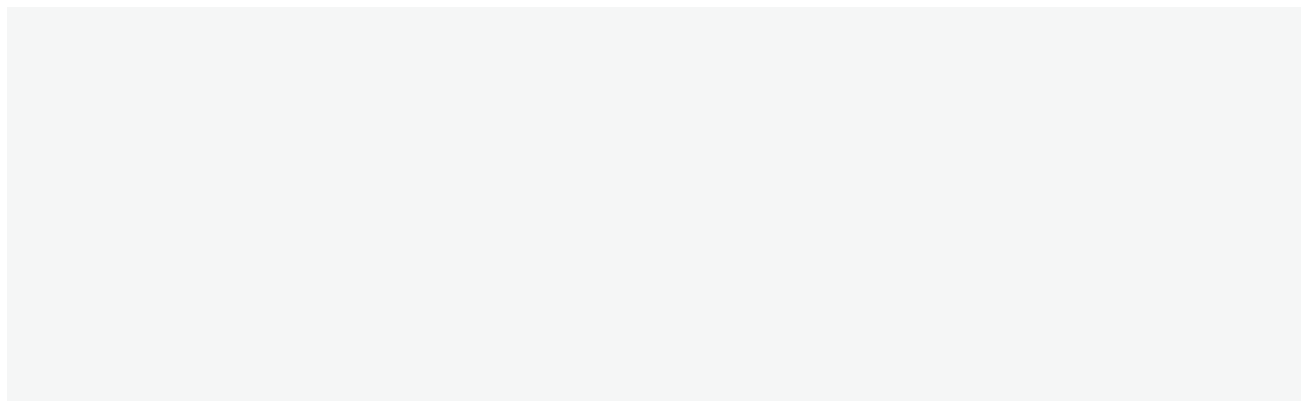
**Describe the situation in one sentence. What is it in a "nutshell"?**



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



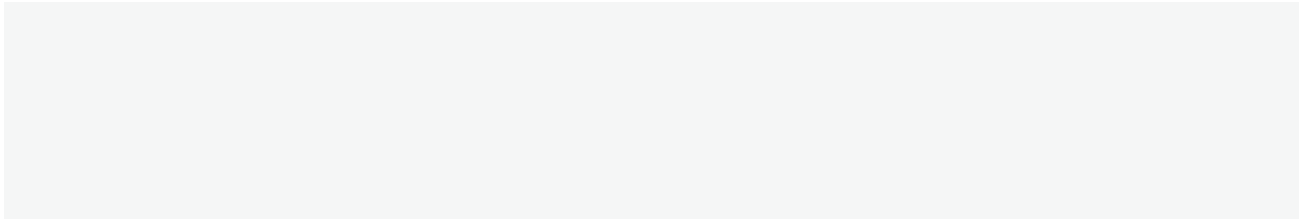
**What are you afraid might happen if you make the "wrong" choice?**



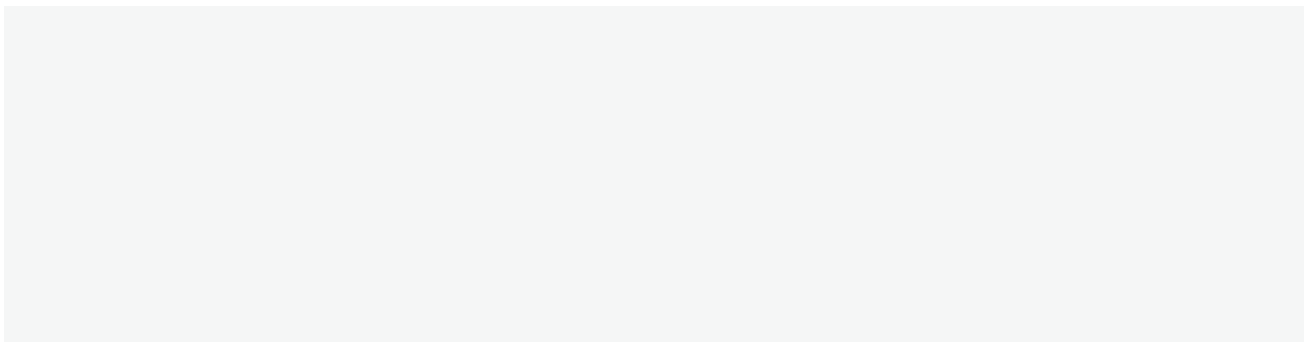
### **3 - Tuning Into Your Inner Wisdom**

**GOAL:** Listening to your Intuition

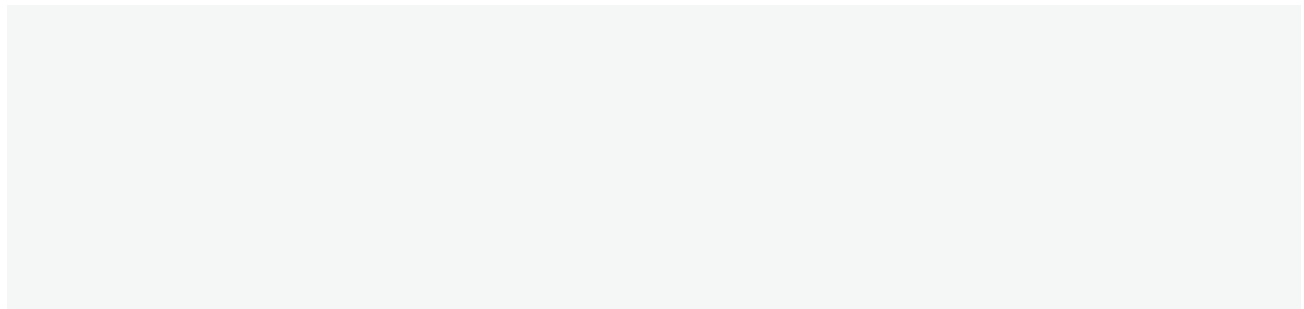
**What does your intuition say about this situation? What is the first response that comes up when you ask, "What is my next best step?"**



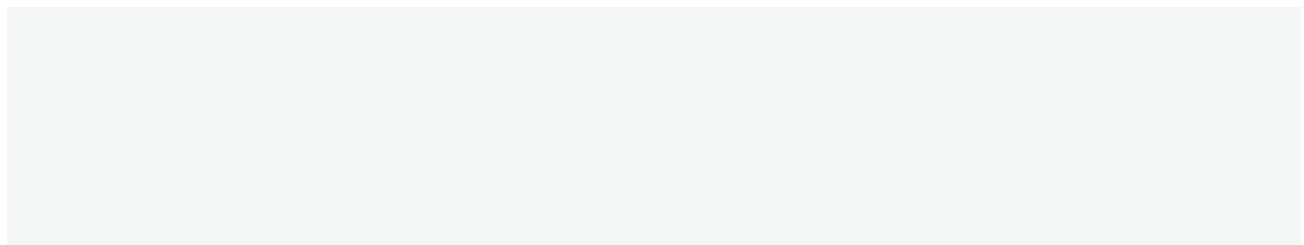
**If you were to act on this intuitive guidance, what would that look like?**



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



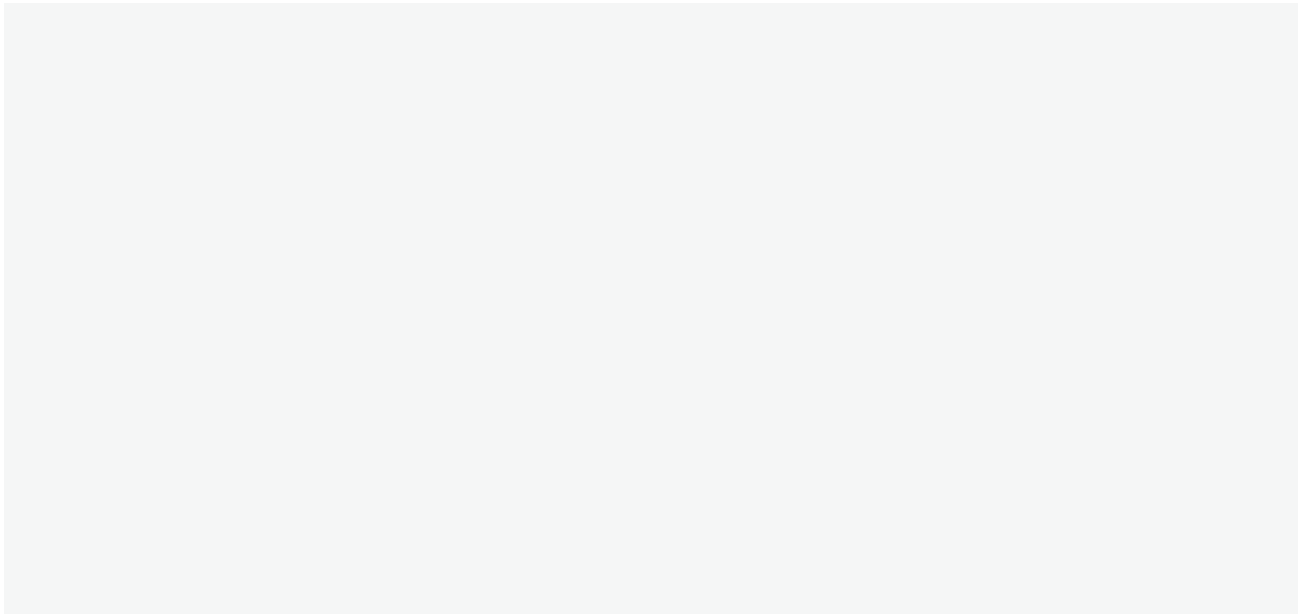
**How does your body react when you think about each potential option? Which option feels lighter or more expansive?**



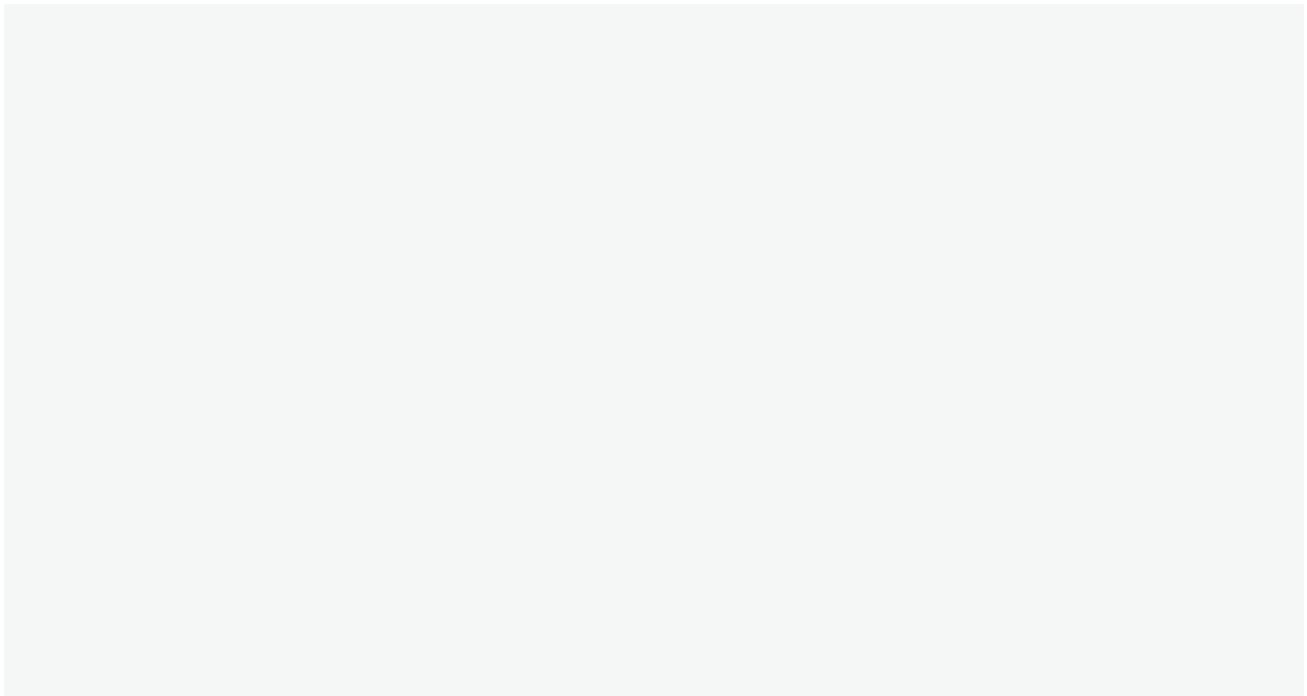
#### **4 - If you are still unclear or afraid to take action, explore underlying energies and patterns (optional)**

**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."**

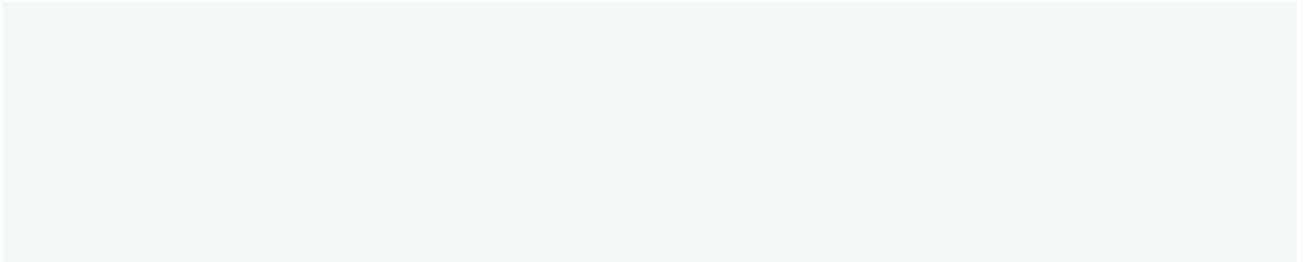


## 5 - Align with your higher self

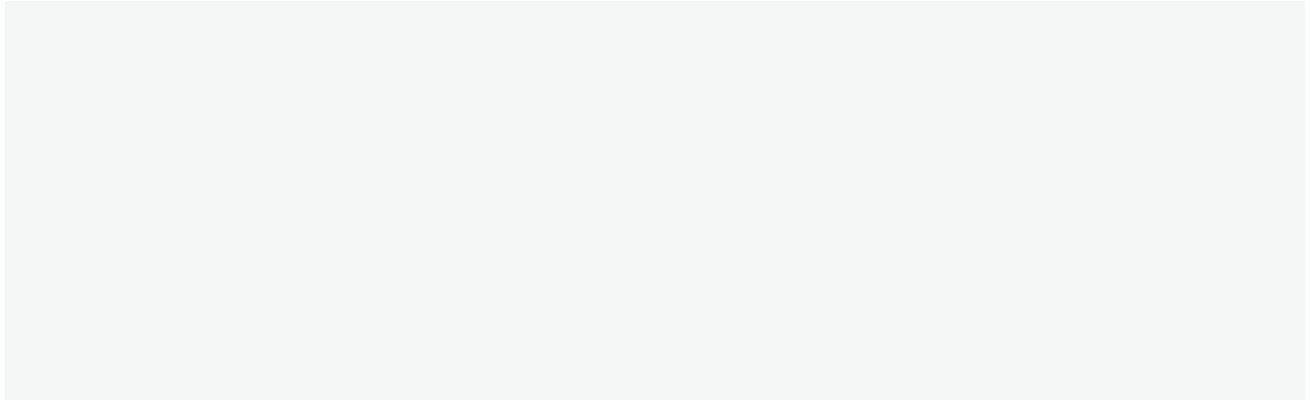
**GOAL:** Connect to your authentic self and purpose

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

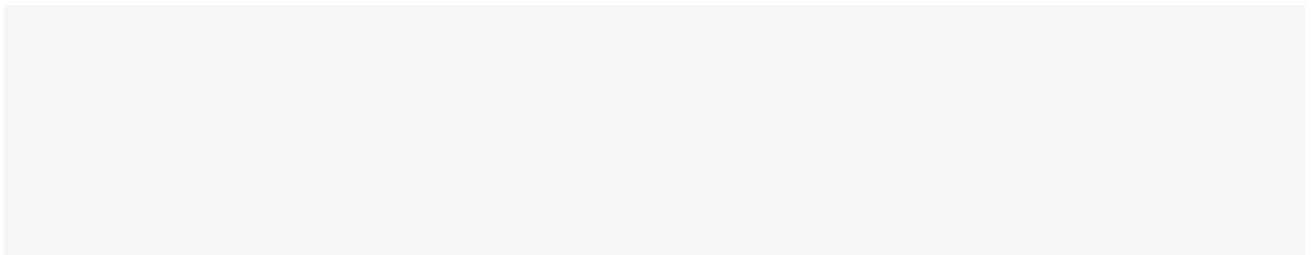
**What would your higher self do in this situation?**



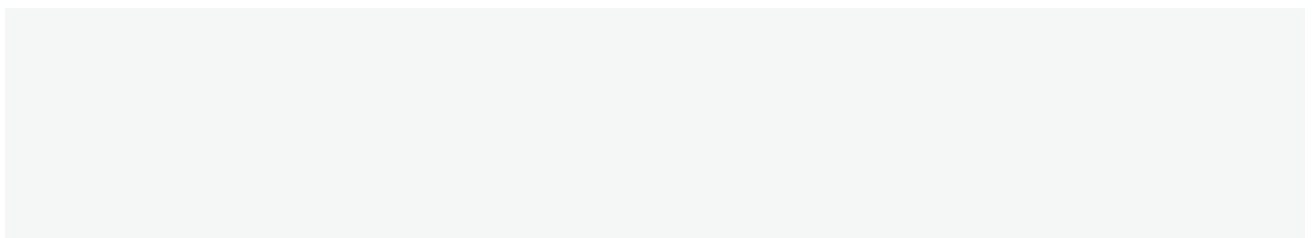
**Imagine yourself five years from now. Which decision would you want to look back on and regret doing (or NOT doing)? Why?**



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



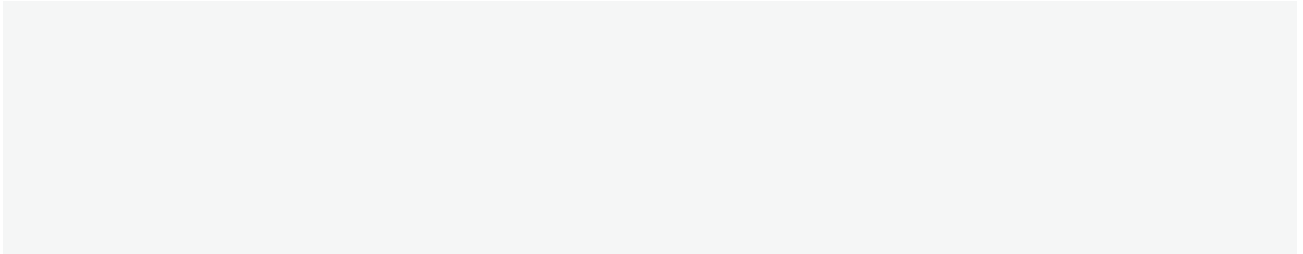
**Does this decision align with your core values and long-term vision? How so?**



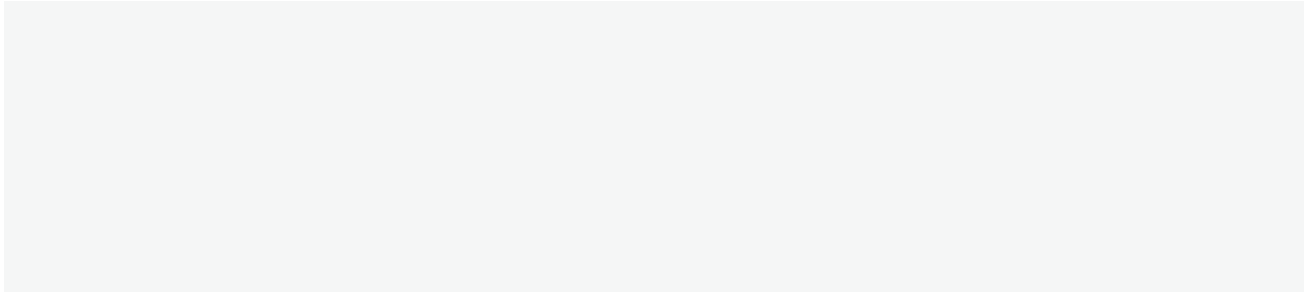
## **6 - Take Inspired Action**

**GOAL:** Embrace Clarity

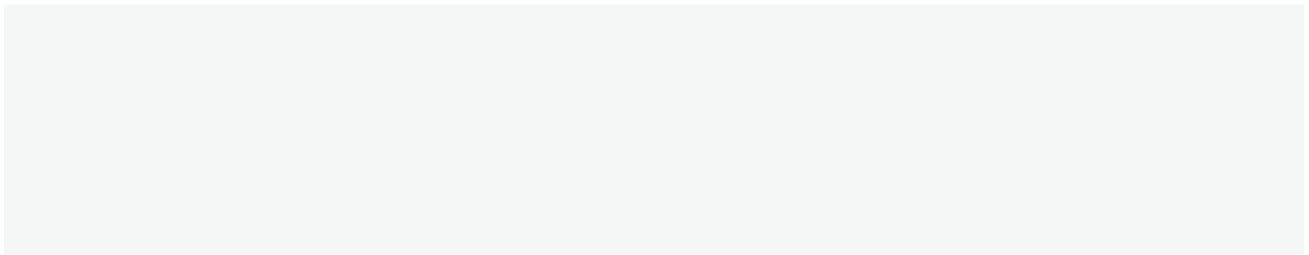
**What is one small action you can take today to move toward your desired outcome?**



**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?**

