



# 3 Minute Clarity Check-In



## Step 1: Name It

Check the box that best describes the area where you need clarity right now:

- Work/School
- Health
- Relationships
- Money
- Motivation
- Something Else: \_\_\_\_\_

## Step 2: Feel It

Check the box that best describes how you feel about it:

- Stuck
- Anxious
- Unmotivated
- Curious
- Hopeful
- Something Else: \_\_\_\_\_

## Step 3: Focus It

In one sentence, what do you want to clarify?

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## Step 4: Try It

What's one small action you can take today to gain clarity?

(Examples: Make a phone call, write a list, research one option, schedule a meeting.)

### Next Steps:

After completing this check-in, take the action you identified in Step 4. Notice how you feel before and after taking that action. Reflect on what you learned and adjust your approach as needed.