



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?

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.