

# Clarity Jumpstart Workbook



For when you are feeling stuck,  
scattered, or you need a break.

# Where am I right now?



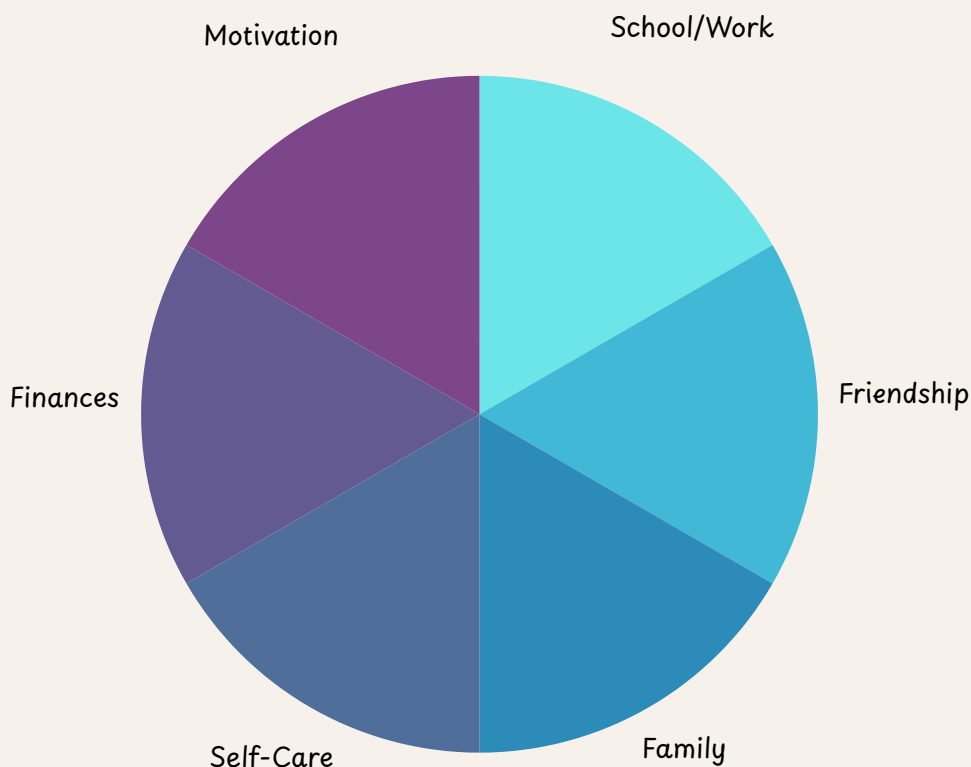
- Three words to describe how I feel right now:

- I spend most of my energy on:

- I like myself most when:

# Where am I right now?

Label 1-10 how satisfied you feel in each area. Which section feels the most off, which needs the most attention?



# What I want. Even if I'm not sure



- If life could feel different, how would I want it to feel?
- What do I want more of?
- What do I want less of?
- If I could start over, I would...
- If I weren't afraid, I'd try...
- If I could talk to my future self, they would tell me...

# What's getting in the way.



- I keep telling myself:
- The habits or patterns that slow me down:
- If I were being really honest with myself, I'd admit.

## Inner Critic Check

- What's a thought you keep hearing in your voice that's holding you back?
- If a friend said that to you, what would you say back?

# One small step forward



- One thing I can try this week:
- A reminder, I want to keep close:
- Someone I could reach out to: (friend, mentor, coach)

*Everyone's path looks different, and that's okay.*

*I offer occasional free resources and clarity tools to support you on the way.*

*Want in? Add your email address, and I'll keep you in the loop.*