



The Life Clarity Starter Guide

Five reflection exercises to help you see your next step clearly

Welcome

If you're reading this, some part of you is looking for a change, even if you can't name exactly what it is yet. That's normal. Clarity almost never arrives all at once; it shows up in pieces, usually after you've asked yourself a few honest questions.

This guide walks you through five short exercises. So grab a notebook, give yourself 20–30 quiet minutes, and please be as honest as you can. Don't worry, there are no wrong answers here just information about where you actually stand.

Exercise 1: The Energy Audit

List the 6–8 things that make up most of your week (work, a relationship, a routine, a habit, a commitment). Next to each one, write a + if it generally gives you energy, or a - if it generally drains you.

Reflect: What pattern do you see? Is your week mostly + or mostly -? What's one "-" item you have more control over than you've been admitting?

Exercise 2: The Five-Year Postcard

Imagine it's five years from now and life has gone *better than you expected*. Write a short postcard to yourself today, describing an ordinary Tuesday in that life like where you live, what you're doing in the morning, who's around you, how you feel.

Reflect: What's one detail in that postcard that surprised you? What's one small thing you could do *this month* that moves you closer to it, even if it's a little bit?

Exercise 3: The Permission Slip

Complete this sentence five different ways: "I haven't done ___ because I'm not sure I'm allowed to."

Reflect: Whose permission are you actually waiting for? What would change if you gave it to yourself?

Exercise 4: The Advice You'd Give a Friend

Think of the situation currently weighing on you most. Now imagine your closest friend described that exact situation to you. What would you tell them?

Reflect: Why is it easier to see clearly for someone else than for yourself? What's one piece of that advice you can start applying today?

Exercise 5: The One Word

If you had to choose a single word to guide your decisions for the next 90 days — a word that, when in doubt,

you'd ask "does this choice honor that word?" — what would it be?

Reflect: Write your word somewhere you'll see it daily. Notice this week how often your actual choices do or don't line up with it.

What now?

Doing these exercises alone gets you insight. Doing them with someone trained to ask the follow-up question, the one that turns insight into a decision, is where the real movement happens.

That's exactly what my coaching sessions are for.

I'm currently offering complimentary coaching sessions for people who are ready to turn this kind of reflection into an actual plan. No pressure, no obligation, just a focused 45 minutes on whatever came up while you worked through this guide.

[Book your free session](#)