THE CLARITY ROADMAP

Get clear on what you want from the next stage of your life and start moving towards it.

A practical six-step workbook for women over 40.

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WELCOME

Your next chapter starts with understanding what you want

You might have reached a point in life where everything looks perfectly fine from the outside.

You've worked hard, built a life and achieved things that once mattered to you.

But perhaps you've started wondering whether it's still the life you want.

You don't necessarily want to change everything. You might not even know what you'd like to change.

You just know you'd like things to feel different.

That's where the Clarity Roadmap comes in.

This workbook will guide you through six practical steps to help you:

- Understand how life feels for you right now.
- Explore what matters to you at this stage of your life.
- Recognise what's making it difficult to move forward.
- Discover what you'd genuinely like instead.
- Identify realistic first steps.
- Build your own 30-day roadmap.

You don't need all the answers before you begin.

Take your time. There's no right or wrong way to complete these exercises, and you can return to them whenever you need.

Let's get started.

STEP 1: WHERE ARE YOU NOW?

Take an honest look at your life today

Before thinking about what you'd like to change, it helps to understand how different areas of your life feel right now.

You may be perfectly happy with some things and less fulfilled by others.

Both can be true.

Your Life Today

Give each area a score from 1 to 10.

1 = Not satisfied at all 10 = Completely satisfied

Area of Life	Score
Health & Wellbeing	___ /10
Relationships	___ /10
Career & Work	___ /10
Finances	___ /10
Confidence & Self-Belief	___ /10
Personal Growth	___ /10
Fun & Enjoyment	___ /10
Time & Personal Freedom	___ /10

Don't overthink your answers. You're simply creating a snapshot of how things feel today.

Remember: A low score doesn't automatically mean you need to change something. A high score doesn't mean there's no room for something different.

STEP 1: YOUR REFLECTION

What are your answers telling you?

Look back at the scores you've given yourself.

1. Which areas of your life are you happiest with?

What makes those parts of your life work well?

2. Which areas would you like to feel different?

What doesn't feel quite right about them?

STEP 1: YOUR REFLECTION

What are your answers telling you?

3. Did anything surprise you?

Perhaps you've scored an area higher or lower than you expected.

4. If one area felt a little better, which would make the biggest difference to your everyday life?

You don't need to make a decision about changing anything yet.

For now, you're simply noticing what matters.

STEP 2: WHAT MATTERS TO YOU NOW?

Your priorities may have changed

Think back ten years.
What you wanted then might be very different from what you want today.
Perhaps you were focused on your career, raising a family, financial security or building a particular lifestyle.
Those things might still matter enormously.
But you may also have developed new interests, priorities and ambitions.

What matters to you now?
Look through the words below and choose up to five that feel most important at this stage of your life.

☐ Freedom	☐ Achievement	☐ Stability
☐ Security	☐ Adventure	☐ Health
☐ Connection	☐ Peace	☐ Variety
☐ Family	☐ Learning	☐ Contribution
☐ Independence	☐ Purpose	☐ Confidence
☐ Creativity	☐ Enjoyment	☐ Belonging

You can add your own.

My five priorities right now are:

1. _____
2. _____
3. _____
4. _____
5. _____

These aren't necessarily what you *should* value. They're what genuinely matters to you.

STEP 2: MAKING YOUR PRIORITIES PERSONAL

What do those priorities mean in your life?

Choosing a word is a starting point.

Understanding what it means to you is where things become more useful.

For example, two women might choose freedom. For one, freedom might mean having more control over her working hours. For another, it might mean being able to travel, pursue interests or make decisions without constantly worrying about what other people think.

1. Which of your five priorities feels most important right now?

2. What would having more of that look like in your everyday life?

3. Where are you already experiencing this in your life?

4. Where does your current life feel out of step with this priority?

My biggest insight from this exercise is:

You may discover that you don't need a completely different life.

You might simply want to make more room for something that matters to you now.

STEP 3: WHAT'S MAKING IT DIFFICULT?

Understand what's keeping you uncertain

You may already have ideas about what you'd like to be different.

But knowing you'd like a change and knowing how to begin are two separate things.

Sometimes it's difficult because you have too many possibilities. Sometimes you're concerned about the consequences of making a decision. And sometimes you've been so busy getting on with life that you haven't had much time to explore what you actually want.

Which of these feels familiar?

Tick any that apply.

Uncertainty
☐ I'm not sure what I actually want.
☐ I have several ideas but can't decide between them.
☐ I keep questioning whether I'd be making the right choice.

Expectations
☐ I worry about how a change might affect other people.
☐ I feel I should be happy with what I already have.
☐ I find it difficult to separate what I want from what others expect.

Everyday life
☐ I rarely make time to think about my own future.
☐ My current routine is familiar, even if it isn't entirely fulfilling.
☐ I don't know where to begin.

Something else I've noticed:

STEP 3: FINDING A DIFFERENT PERSPECTIVE

What would help you move forward?

Look back at the statements you selected.

You don’t need to solve every difficulty. Start by identifying the one that has the biggest influence on your decisions.

1. What’s the main thing making it difficult to work out what you want?

2. What are you assuming about this situation?

For example, you might be assuming that changing one part of your life would mean giving up everything you like about it.

STEP 3: FINDING A DIFFERENT PERSPECTIVE

What would help you move forward?

3. Is that definitely true, or is there another possibility?

4. What would help you feel more able to explore your options?

Perhaps you need more information, time to reflect, a conversation or a chance to try something without making a permanent commitment.

One thing I could approach differently is:

Clarity doesn't always come from finding an immediate answer.

Sometimes it begins when you start asking different questions.

STEP 4: WHAT DO YOU WANT INSTEAD?

Imagine a life that feels more like yours

Now that you've explored where you are and what matters to you, let's look ahead.

Imagine it's 12 months from now.

You haven't necessarily made any dramatic changes. But you've started making choices that reflect what matters to you. Your days feel a little more purposeful, interesting or satisfying.

Explore your future

1. What would you like an ordinary weekday to look like?

Think about how you spend your time, what you're doing and how you feel.

2. What would you like to have more of in your life?

STEP 4: WHAT DO YOU WANT INSTEAD?

Imagine a life that feels more like yours

3. What would you like to have less of?

4. What would you like to feel excited about again?

5. What parts of your current life would you definitely want to keep?

You don’t have to know how to make these things happen yet.

For now, give yourself permission to explore what you’d enjoy.

STEP 4: YOUR FUTURE SNAPSHOT

Start turning your thoughts into a clearer picture

Look back over the answers you've written.
Rather than trying to create a perfect vision of your future, identify the themes that stand out.

Three words I'd like to describe the next stage of my life:

1 _____ 2 _____ 3 _____

The things that feel most important for my future are:

STEP 4: YOUR FUTURE SNAPSHOT

Start turning your thoughts into a clearer picture

The difference I'd most like to experience in everyday life is:

If I could make progress in one area over the next 12 months, it would be:

Why does this matter to me?

Now complete this sentence.
"I'd like the next stage of my life to include more…"

This is the beginning of your direction.
It doesn't need to be a final decision.

STEP 5: YOUR FIRST STEPS

Turn understanding into something practical

Having a clearer idea of what you want is valuable.

But it becomes even more useful when you begin exploring how to move towards it.

You don’t need a perfect plan. You need a starting point that feels manageable.

Choose one area to focus on

Look at the insights you’ve gathered throughout this workbook.

The area I’d most like to make progress in is:

What would progress look like?

Be specific. Instead of “have more fun”, you might choose “make time for an activity I enjoy twice a month”.

STEP 5: YOUR FIRST STEPS

Turn understanding into something practical

What are three possible ways I could begin?

1. _____
2. _____
3. _____

Which feels like the most realistic first step?

Choose something you could take action on within the next seven days.

STEP 5: MAKING YOUR FIRST STEP HAPPEN

Make it easier to get started

It’s easy to leave an exercise feeling inspired and then slip straight back into your usual routine.

So let’s make your first step specific.

The action I’ve chosen is:

When will I do it?

Date: Time:

What might get in the way?

How could I make it easier?

STEP 5: MAKING YOUR FIRST STEP HAPPEN

Make it easier to get started

Who or what could support me?

How will I know I've completed it?

Remember, your first step doesn't have to be a big decision.

It could be researching an opportunity, booking time for an interest, having a conversation or trying something you've been curious about.

The important thing is that it helps you learn more about what you want.

STEP 6: YOUR 30-DAY CLARITY ROADMAP

Your next four weeks

You've explored where you are, what matters to you and what you'd like to experience differently.
Now let's bring it together into a simple 30-day plan.

My focus for the next 30 days is:

Week 1: Begin

My first practical step:

Week 2: Explore

Something I'd like to try, research or understand better:

Week 3: Build

What I'll do next, based on what I've learned:

Week 4: Review

How I'll review my progress and decide what comes next:

STEP 6: YOUR 30-DAY CLARITY ROADMAP

Your next four weeks

How will I keep myself accountable?

What will tell me I'm moving in the right direction?

Your roadmap is a guide, not a rigid set of instructions.
You can adapt it as you discover more about yourself.

YOUR NEXT CHAPTER STARTS HERE

You have somewhere to begin

You've taken time to think about something that can easily get lost in the demands of everyday life.

What you actually want.

You may have discovered that some parts of your life feel exactly right. You may have recognised that other areas deserve more attention. Perhaps you've identified something you'd like to explore that you hadn't given yourself permission to consider before.

Whatever you've discovered, it's a starting point. You don't need to change everything, and you don't need to have your entire future planned.

YOUR NEXT CHAPTER STARTS HERE

You have somewhere to begin

Your final reflection

The most important thing I've learned about myself is:

One thing I'd like to remember over the next 30 days is:

The commitment I'm making to myself is:

Date: _____

YOUR NEXT CHAPTER STARTS HERE

You have somewhere to begin

Keep this workbook somewhere you can return to it. As you try new things and learn more about what you want, your direction may evolve too.

Clarity isn't about having every answer. It's about understanding yourself well enough to choose your next step.

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