HARMONY COACHING

THE CLARITY RESET

Understand what's keeping you stuck, discover what you'd like to be different and take your first step towards a life that feels right for you.



Your First Step to Clarity

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WHY YOU'RE STUCK

You've spent years getting on with life, meeting responsibilities and doing what's expected of you.
From the outside, everything might look fine. But lately, something doesn't feel quite right.

You know you'd like something to change, but working out what you actually want isn't always straightforward.

Sometimes overwhelm gets in the way. Sometimes it's self-doubt, uncertainty or worrying about making the wrong decision.

Recognising what's keeping you stuck is a useful beginning. Understanding how it affects your choices is what helps you move forward.

Throughout this workbook, you'll explore which of these patterns feels most familiar to you. You don't need to have all the answers. Simply notice what feels relevant to your life right now.

FOUR POSSIBLE PATTERNS

It can show up as one or more of these:

Ready For Something New
Everyone Else Comes First
Afraid To Choose Wrong
Not Sure What I Want Anymore

The longer the pattern continues, the harder it becomes to see a way forward.

You might notice:

- Small decisions feel exhausting.
- You overthink every option.
- You doubt yourself before you begin.
- You stay where you are because it feels safer than change.

The good news?

Feeling stuck isn't who you are.
It's a pattern.
And patterns can be changed.

Today is the first step.

STEP 1

NOTICE THE PATTERN

Read through the four patterns below and notice which one feels most familiar to you right now.

You might recognise yourself in more than one. That's perfectly normal. For now, choose the one that feels most relevant to your life and that you'd like to explore further.

Ready For Something New

Parts of life no longer feel like the right fit, but you're not sure what you want instead. You might find yourself going through the motions.

Everyone Else Comes First

You're used to putting other people's needs first. You say yes before checking how you feel, and your own wishes keep moving to later.

Afraid To Choose Wrong

You have ideas about what you might want, but you worry about regretting a decision. You research, delay and wait for a certainty that doesn't arrive.

Not Sure What I Want Anymore

After years of familiar routines, it's hard to tell what matters to you now. Asked what you'd like, your mind goes blank or you default to 'I don't mind'.

Where do I notice this happening most often?

What does it stop me from doing, saying or exploring?

STEP 2

UNDERSTAND WHAT'S HAPPENING

Start with the exercise that matches the pattern you've identified. These questions will help you understand how it shows up in your life and what you might like to do differently.

You can explore the other exercises if they feel relevant, but you don't need to complete them all.

Ready For Something New

Which part of your life no longer feels like the right fit?

What feels missing from it?

What would I like more of?

Everyone Else Comes First

Where am I putting my own needs aside?

What would I like to make room for?

One small boundary or choice I could practise is...

STEP 2

UNDERSTAND WHAT'S HAPPENING

Afraid To Choose Wrong

The decision I'm avoiding is...

What I'm worried might happen is...

One small way to explore an option without a major commitment is...

Not Sure What I Want Anymore

Something I used to enjoy is...

What currently interests me is...

One activity I'd like to try or revisit is...

STEP 3

DISRUPT THE PATTERN

Recognising a pattern is useful, but what you do next matters too.

1 NOTICE WHAT'S HAPPENING

Recognise when your familiar pattern is influencing a decision or behaviour.



2 ASK WHAT YOU NEED

Consider what matters to you in this particular situation, rather than automatically following your usual response.



3 TRY SOMETHING DIFFERENT

Choose one manageable action that helps you explore what you want.



Practical examples

Ready For Something New: Spend 20 minutes this week on one thing you enjoy, and notice how it feels.

Everyone Else Comes First: Before agreeing to a request, say "Let me check and come back to you."

Afraid To Choose Wrong: Test one option with a small trial, such as a single class or a short conversation.

Not Sure What I Want Anymore: Revisit one activity you used to enjoy and note what you still like about it.

STEP 4

YOUR RESET PLAN

You've identified a pattern that might be getting in your way.

Now choose one small action that could help you move forward.

It doesn't need to be a big decision or a major life change. It just needs to be something you can realistically do.

By the end of this page, you'll have your own personal Reset Plan to help you begin moving forward.

1 The pattern I've noticed most is...

2 One thing I'd like to be different is...

3 One small step I'm going to try is...

4 I'll know this step has helped when...

One small step today can change the direction of tomorrow.



STEP 5

KEEP THE MOMENTUM

For the next eight days, notice what happens when you approach things a little differently.

Some days you'll make progress. Other days you might fall back into familiar habits.

This isn't about getting everything right every day. It's about noticing what happens and learning from it.

DAYS 1 - 4 CHECK-IN

Daily reflection	Day 1	Day 2	Day 3	Day 4
I noticed my pattern today.	☐	☐	☐	☐
I considered what I wanted or needed.	☐	☐	☐	☐
I tried one small thing differently.	☐	☐	☐	☐
I noticed what I learned.	☐	☐	☐	☐

DAYS 5 - 8 CHECK-IN

Daily reflection	Day 5	Day 6	Day 7	Day 8
I noticed my pattern today.	☐	☐	☐	☐
I considered what I wanted or needed.	☐	☐	☐	☐
I tried one small thing differently.	☐	☐	☐	☐
I noticed what I learned.	☐	☐	☐	☐

STEP 6

YOUR NEXT STEP

You've taken time to recognise something that might be keeping you stuck.

Recognising a pattern and trying something different is a useful starting point.

The next stage is beginning to understand what you actually want from this stage of your life.

You don't need to make a big decision or change everything overnight.

And that's something you can begin exploring.



You don't have to know exactly what you want yet.

You can start by noticing what matters to you now.

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YOUR NEXT STEP

You've taken time to understand what's been keeping you stuck, reflect on what matters to you and identify one small step forward.

You don't need to have everything figured out today.

Keep your Reset Plan somewhere you can return to it, and give yourself credit for the progress you're making.

Ready to explore what comes next?

If you'd like to continue exploring what you want from your next chapter, there are two ways I can help.

THE CLARITY ROADMAP

A guided workbook to help you discover what you want and create a clearer direction for your future.

THE CLARITY INTENSIVE

A private, 90-minute coaching session to help you explore your options, gain clarity and identify your next steps.

Choose the next step that feels right for you.

Discover more at: **www.harmonycoachingltd.com**

Harmony Coaching