



CREATING
CLARITY

Self-Paced

Hello!



Welcome to Your Self-Paced Journey
I'm so glad you're here.

You've just taken a meaningful step toward more clarity, alignment, and self-trust. This course is your space to pause, reflect, and gently shift the patterns that no longer serve you—at a pace that works for your life.

Think of this workbook as a guide and a mirror. It will offer you insights, tools, and prompts to help you tune in to your inner wisdom and move toward what truly matters. You'll also have two private coaching sessions with me along the way—these are your touchpoints for deeper guidance, accountability, and support when you need it most.

Here's what I want you to remember as you begin:

- You are the expert on your life. You already hold the answers—this process is about helping you hear them more clearly.
- You don't have to rush. Progress isn't about speed; it's about presence and consistency.
- Everything you bring here is welcome. The doubts, the dreams, the resistance, the hope—it all belongs.

Your next chapter begins right here, right now. Trust the process, trust yourself, and let's create space for the clarity you've been craving.

With gratitude and encouragement,

Natalie Starkey

Living Vibes, LLC

coachingwithnatalierenee.com



About the Process

In these pages, you will embark on a profound exploration of yourself, your aspirations, and the strategies that will help you achieve your dreams. Whether you're seeking clarity in your career, relationships, personal development, or overall well-being, this workbook will guide you through a transformative process.

Before you begin, I encourage you to approach this workbook with an open heart and a curious mind. Be kind to yourself throughout this journey, for personal growth is not always linear, and it's perfectly okay to stumble along the way. Each step you take brings you closer to the person you aspire to be.

This workbook is a space for reflection, goal setting, and action planning. It's a safe haven where you can dream big, confront your fears, and turn your vision into reality. Embrace the process, stay committed, and know that transformation begins with a single step.

YOUR THOUGHTS:



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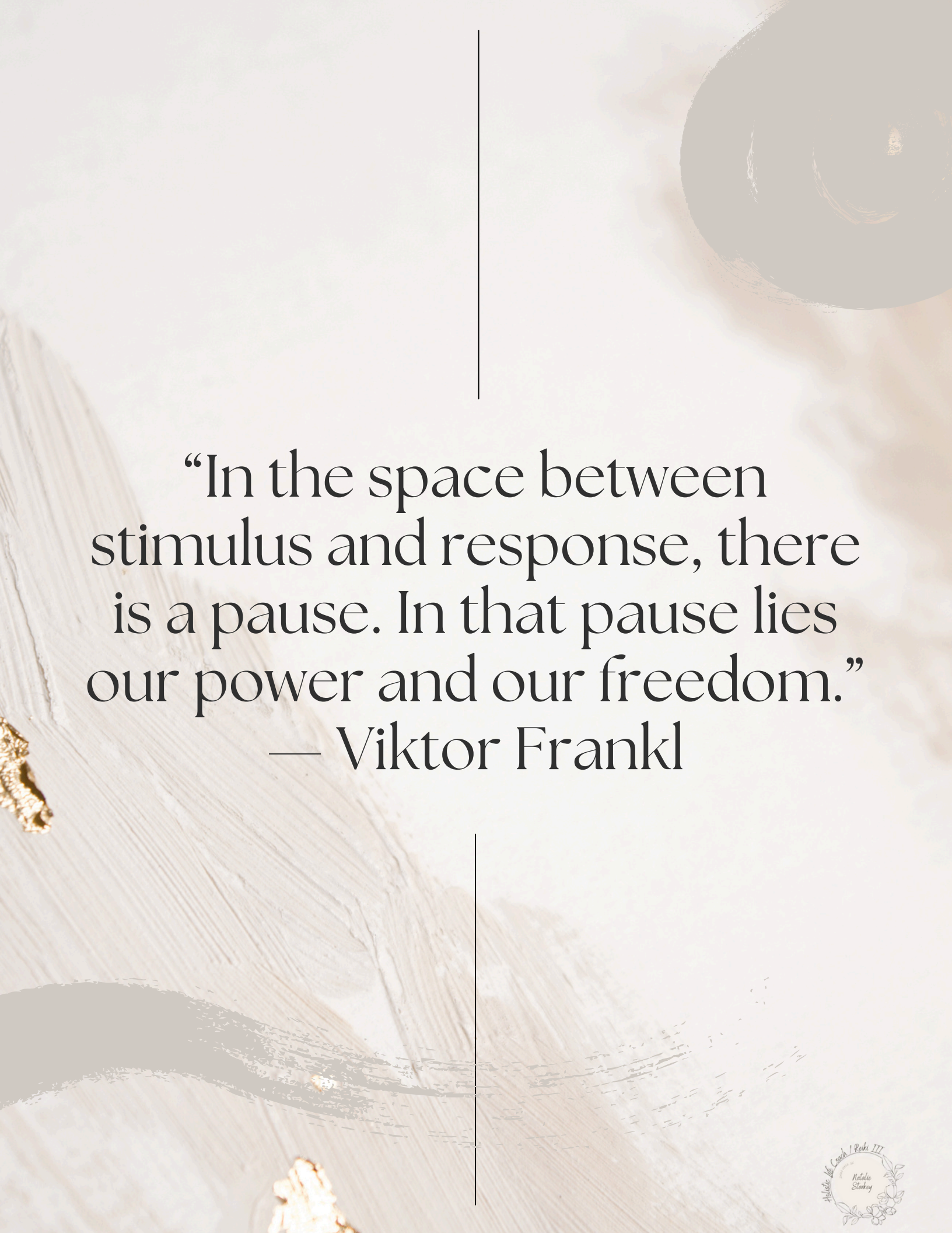
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MODULE 1.



“In the space between
stimulus and response, there
is a pause. In that pause lies
our power and our freedom.”
— Viktor Frankl

Action Guide

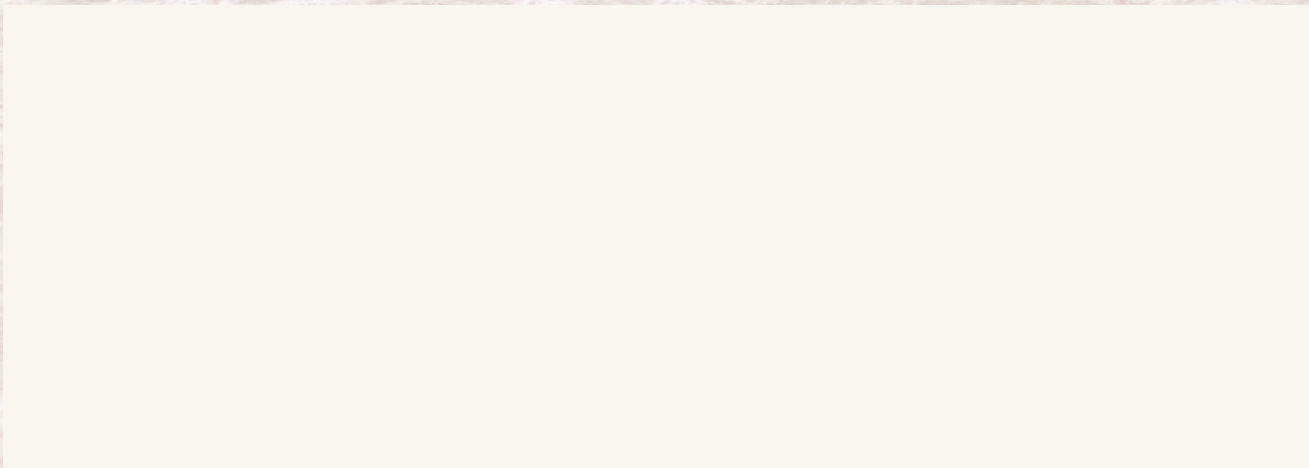
CREATING SPACE BEFORE THE NEXT STEP

SESSION 1, DATE: _____

Quick Reflection – What’s Going Well?

Before diving in, take a moment to acknowledge the good. Write down at least three things—big or small—that are going well for you right now.

(This could be as simple as “I made time for my morning coffee in peace” or “I had a great conversation with a friend.”)



Why Creating Space Matters:

In our fast-moving lives, it’s easy to keep pushing forward without stopping to truly feel where we are. But clarity often comes in the quiet moments—not in the rush. This week, we’re starting with a gentle but powerful act: giving yourself permission to pause.

When you pause, you interrupt autopilot. You give your nervous system a chance to regulate, your mind a chance to clear, and your heart a chance to be heard.

Your Focus This Week:

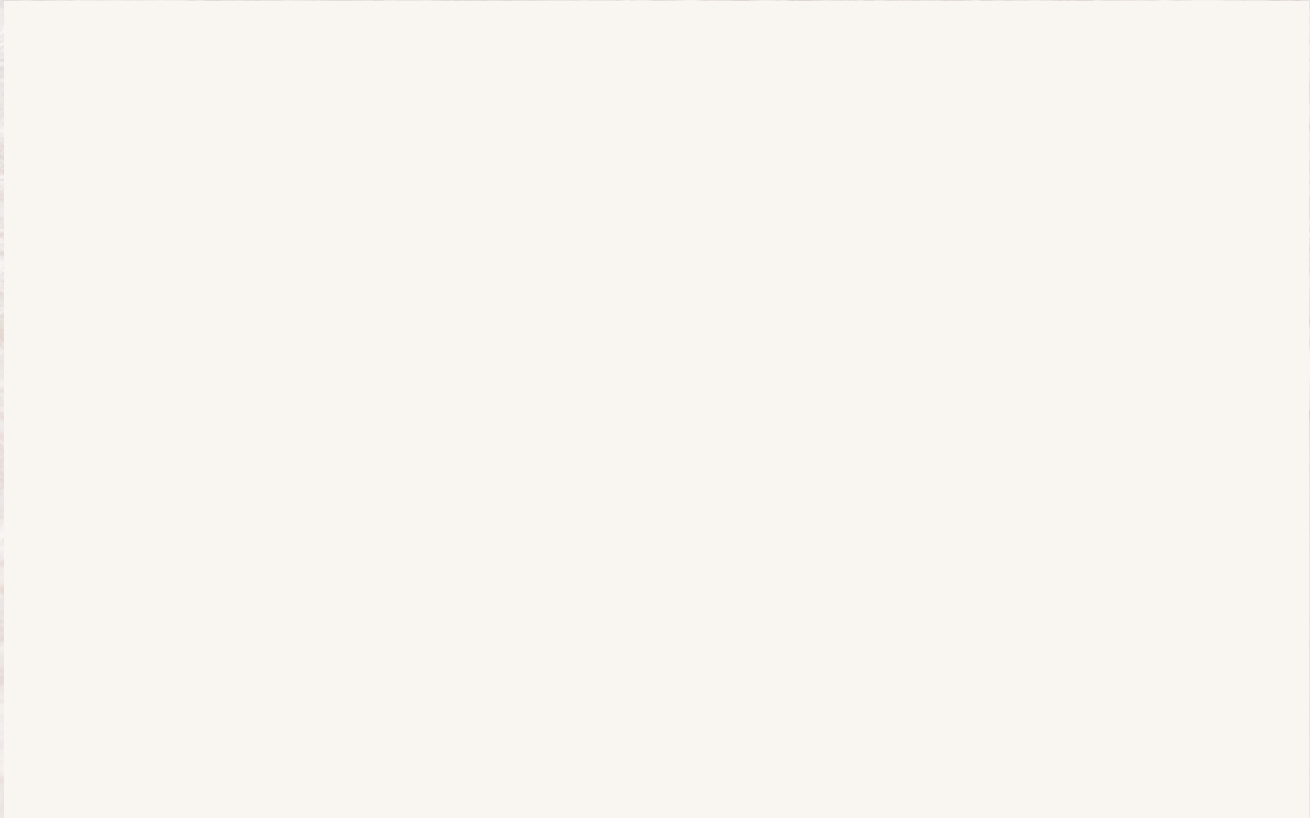
- Notice the moments when you feel yourself rushing, reacting, or people-pleasing.
- Instead of pushing through, give yourself a short pause—this could be a few deep breaths, a quick journal note, or simply stepping outside for fresh air.



Action Guide

CREATING SPACE BEFORE THE NEXT STEP

1. What situations in your life feel the most “rushed” or pressured right now?
2. How does your body feel in those moments?
3. What might change if you gave yourself permission to slow down before responding?



Mini Practice – The 3-Breath Reset

1. Inhale slowly through your nose for a count of four.
2. Hold for a count of four.
3. Exhale slowly through your mouth for a count of six.
4. Repeat three times.

This simple pause works anywhere—before a tough conversation, during a busy day, or when you notice self-sabotage creeping in.



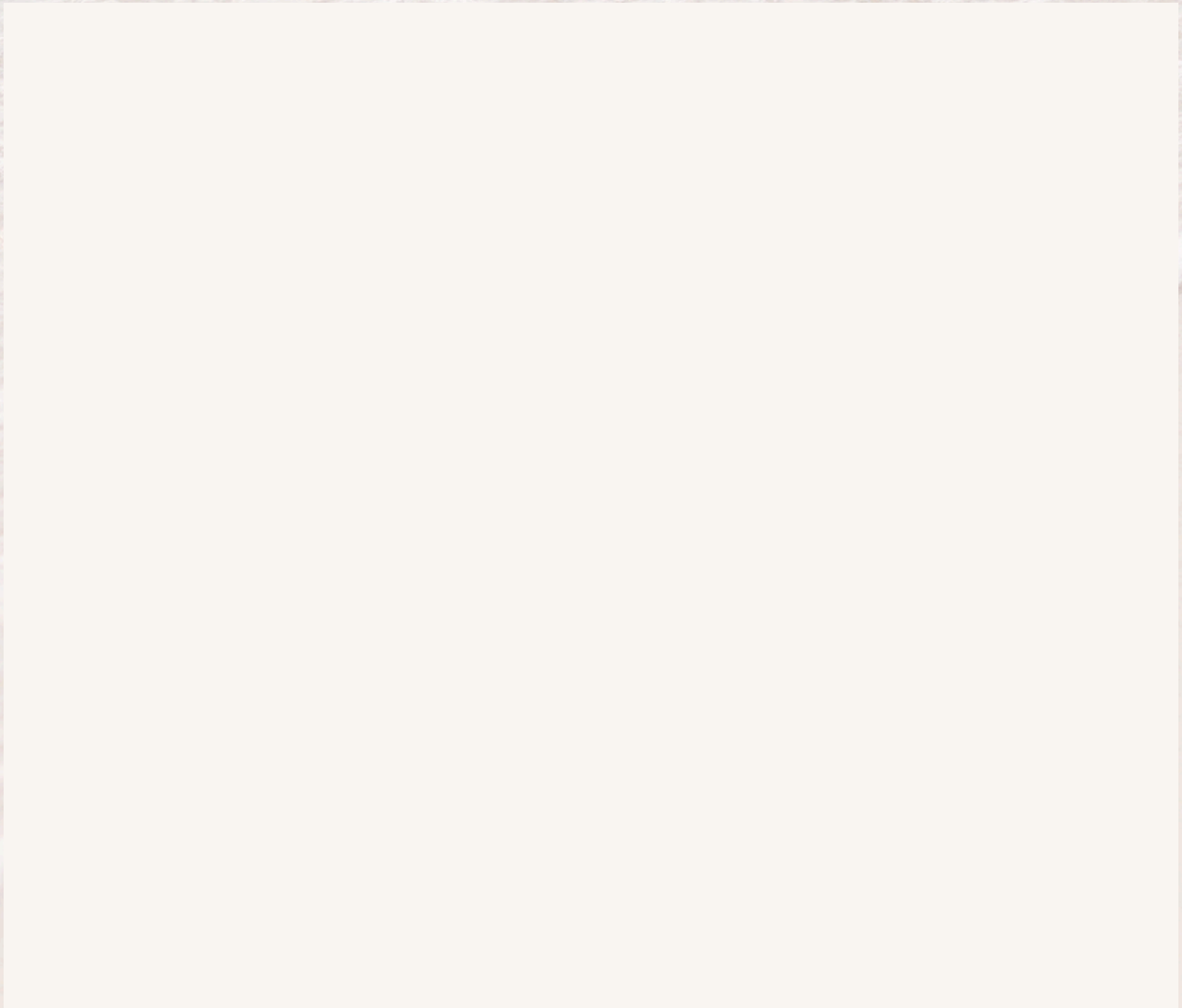
Action Guide

CREATING SPACE BEFORE THE NEXT STEP

Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

1. What did you notice when you chose to pause this week?
2. Did any situations turn out differently because you responded with intention instead of reaction?
3. What's your biggest "aha" from this week that you want to carry forward?



Tip: This first week is about awareness, not perfection. Every pause is a win—no matter how small. When you catch yourself rushing, pause long enough to take a slow breath in and a slow breath out. That moment of stillness is where your clarity lives.



Weekly Planner

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Anchoring into Your Why

Before you dive too deep into the changes you want to make, it's essential to understand why you're making them.

Your "why" is more than a goal. It's the emotional heartbeat that fuels your actions—especially on the days you feel tired, distracted, or doubtful.

When you connect to your deepest reason for wanting change, you'll have a compass that always points you back to your path.

Peeling Back the Layers

Take your goal or desired change and ask yourself:

- Why is this important to me?
- If I achieved this, how would my life feel different?
- What would it mean for the people I care about?
- How will this impact my future self 1 year from now? 5 years from now?

Keep asking "why" until you feel an emotional spark—whether that's excitement, relief, determination, or even tears. That's when you've found the core.

Journal Space

My Goal:

(Write the specific change or outcome you want.)

Why it matters to me:

(List all reasons that come to mind, even small ones.)

If I achieve this, my life will...

(Describe in detail the feelings, experiences, and benefits you imagine.)

My Core Why Statement:

(Write one clear, heartfelt sentence that sums up your deepest motivation.)

Coach Tip: Keep your Core Why Statement somewhere visible—on your mirror, as your phone wallpaper, or in your planner. Every time you read it, you're reminding yourself why you started.



Weekly Journal

A large grid of small black dots for journaling, covering most of the page.



"Clear the space and a clearer mind will follow." —
Gabrielle Bernstein

Action Guide

CLEARING THE CLUTTER

SESSION 2, DATE: _____

What's Going Well?

Start by jotting down 2–3 things that are working in your life right now—big or small.

(Yes, “I finally drank enough water today” counts!)

This primes your mind to notice progress before diving into change.

Clutter isn't just the pile of laundry in the corner or the overflowing inbox—it's also the mental tabs we keep open, the unfinished tasks that drain us, and the relationships or commitments that no longer align. When we clear space physically, mentally, and emotionally, we create room for clarity, energy, and new opportunities.

Reflection Prompts

1. What is one physical space that feels chaotic or draining right now?
2. Where in your schedule are you saying “yes” when your heart is screaming “no”?
3. What unfinished task has been sitting on your mental to-do list the longest? How does it feel to see it there every day?

Action Guide

CLEARING THE CLUTTER

Mini Practice – The One Drawer Rule

Pick one small, manageable space—like a single drawer, one email folder, or a short 10-minute stretch of your calendar—and clear it completely today.

- Throw out or donate what's no longer needed.
- Delegate or schedule tasks that have been hanging around.
- Say “no” (or “not right now”) to one unnecessary commitment.

The goal is not perfection, it's momentum.

Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

At the end of the week, jot down:

- One positive shift you noticed after clearing even a small space
- How your energy or focus changed
- Any resistance you felt (and what you learned from it)

Coach Tip: When you feel overwhelmed, don't start with everything. Start with something.

Clearing even one small area — your nightstand, your email inbox, your to-do list — creates momentum. Physical clutter often mirrors mental clutter. As you make space around you, notice what happens inside you.



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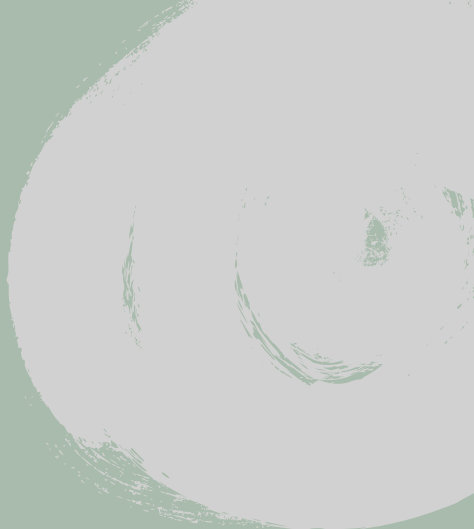
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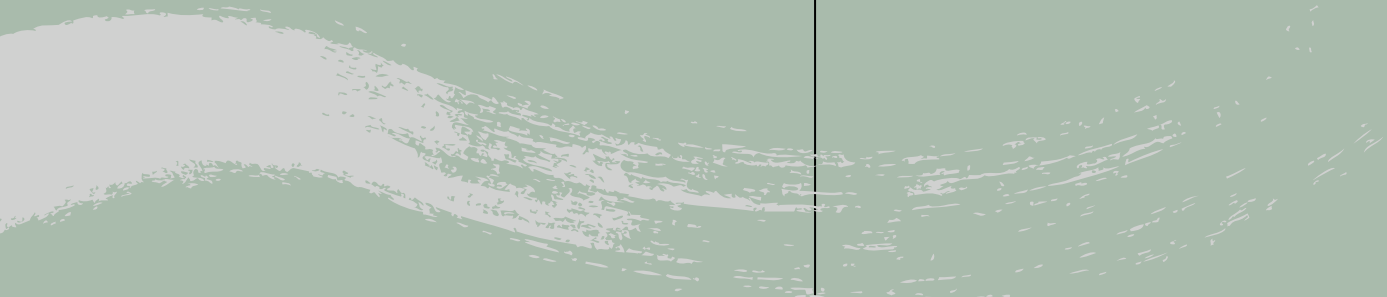
Weekly Journal

A large grid of small dots for writing, consisting of 28 rows and 50 columns.





When you say 'yes' to others,
make sure you're not saying
'no' to yourself." – Paulo
Coelho





Action Guide

NERVOUS SYSTEM RESETS FOR REAL-LIFE MOMENTS

SESSION 3, DATE: _____

Reflection Prompt: What Is Going Well?

(Before you jump in, remember to start each week with this short reflection to train your mind to see the positive.)

By now, you've begun clearing space (Week 2) and creating room for clarity. But even with a lighter environment, your body can still feel like it's on high alert. This week is about learning how to calm and regulate your nervous system so you can move forward with steadiness and confidence.

Why This Matters

When your body feels safe, your mind can open up to possibility, creativity, and authentic choice. Without that sense of safety, even the best intentions or plans can feel overwhelming. Learning to reset in the moment gives you the power to respond instead of react.

Activity: Your Personal Reset Menu

1. Identify Your Triggers

- What situations send your body into overdrive (racing heart, tight chest, shallow breathing)?

2. Match Each Trigger With a Reset Tool

- **Breathwork:** Try a 4-7-8 breath (inhale 4, hold 7, exhale 8).
- **Grounding:** Press your feet into the floor and name 5 things you see.
- **Movement:** Shake out your hands, stretch, or take a brisk walk.
- **Sensory Anchor:** Keep a calming scent or textured object nearby.

3. On the next page, create a Reset Menu you can quickly reach for when you feel activated.



Action Guide

NERVOUS SYSTEM RESETS FOR REAL-LIFE MOMENTS

My Reset Menu

Example :

Trigger	Reset Tool
Difficult conversation at work Overwhelm with tasks	4-7-8 breath Stand, stretch, name 5 things I see

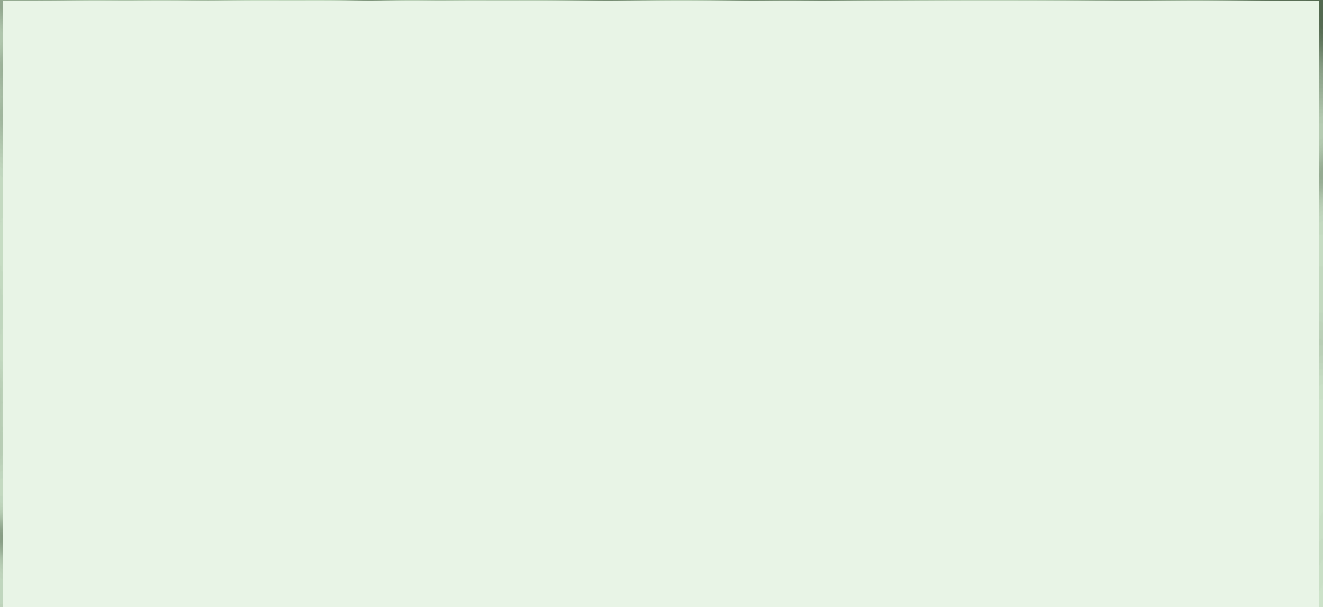


Action Guide

NERVOUS SYSTEM RESETS FOR REAL-LIFE MOMENTS

Journal Prompt:

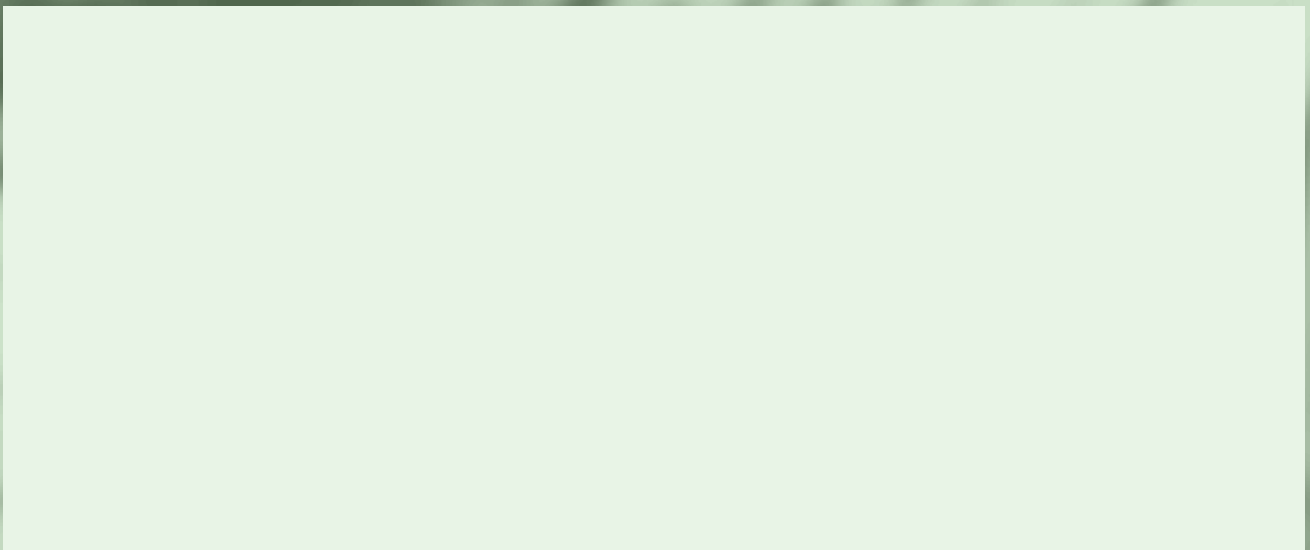
When I feel safe in my body, I am able to...



Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- One time you successfully used a reset tool
- How your energy or perspective shifted
- What you noticed about your ability to stay present



Coaching Tip: Your body learns safety through repetition. The more often you practice these resets in small moments, the easier it is to access them when life gets big.



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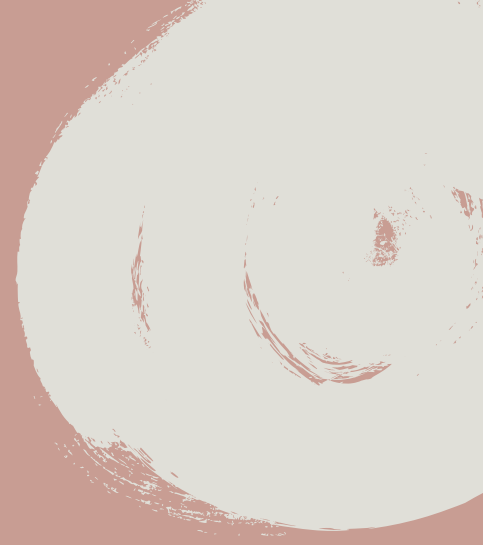


Weekly Journal

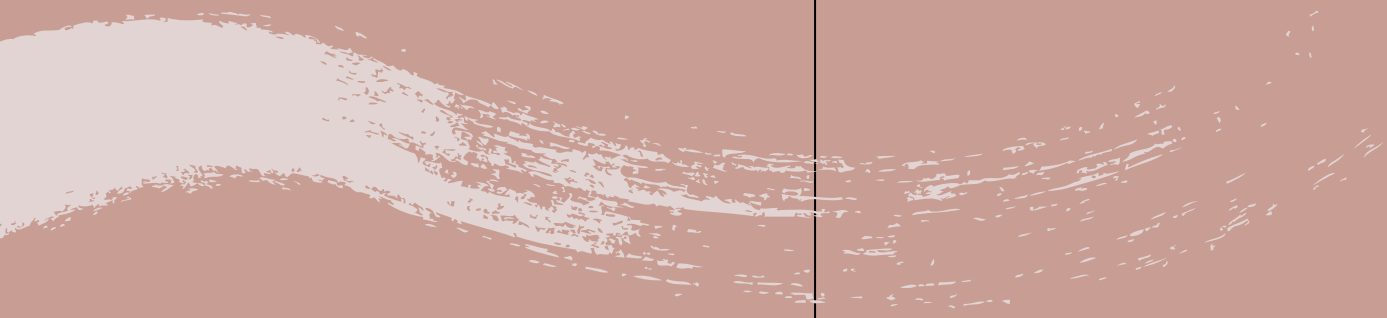
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MODULE 2.



"Until you make the
unconscious conscious, it will
direct your life and you will
call it fate." – Carl Jung



Action Guide

Your Archetype in Transition

SESSION 4, DATE: _____

What Is Going Well?

Before we dive in, pause and notice one way you've been showing up differently for yourself. Even a small win counts.

By now, you've started clearing physical and mental clutter that makes space for what truly matters. You've also gotten in touch with your body and noticed how your nervous system responds to certain tasks. This week, we're deepening that clarity by exploring who within you is leading the way during transition.

Why This Matters

Archetypes are like inner characters—universal patterns that shape how you move through life. Each one has strengths (light) and blind spots (shadow). When you're in transition, certain archetypes step forward louder than others. By recognizing them, you stop being run by unconscious patterns and instead choose how to respond.

Activity: Meeting Your Archetype

1. Read the Archetype Snapshots – Notice which one feels most alive in you right now. Be mindful that there are MANY archetypes, if you don't resonate with these, please do a search. Carolyn Myss is a great resource along with the theory creator Carl Jung.

- Caregiver: Nurturing, generous, supportive | Shadow: martyrdom, neglecting your own needs.
- Seeker: Curious, adventurous, drawn to new paths | Shadow: restless, never satisfied.
- Warrior: Determined, disciplined, protective | Shadow: controlling, overly rigid.
- Child: Playful, innocent, hopeful, full of wonder | Shadow: needy, dependent, fear of growing up.



Action Guide

Your Archetype in Transition

2. Reflect: Which archetype shows up most often when you're making decisions right now?
Journal Prompt – “When my [chosen archetype] is in the light, I feel... When it's in shadow, I notice...”

A Mini Practice

Choose one daily action that honors your archetype's light side. For example:

- If you're in the Caregiver, give yourself a nourishing act of kindness.
- If you're in the Child, allow space for play or curiosity.
- If you're in the Warrior, set a clear, healthy boundary.

Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- Which archetype felt most present.
- One moment you recognized its shadow creeping in.
- A way you honored its light energy.

Coach Tip: Archetypes are neither “good” nor “bad.” They are lenses.
By naming yours, you gain power to rewrite the story it tells.



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Weekly Journal

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“Self-sabotage is the way the fearful part of us tries to protect us. The work is learning how to reassure it without letting it run the show.” — Adapted from Gabby Bernstein





Action Guide

Reframing Self-Sabotage as Self-Preservation

SESSION 5, DATE: _____

What's Going Well?

Notice where you've become more self-aware—maybe you caught a negative thought or paused before reacting. These small wins show your nervous system and archetype work are starting to integrate.

Self-sabotage isn't failure. It's your nervous system and old patterns trying to keep you safe from change. When you see sabotage as self-preservation, you can thank it, learn from it, and then choose differently.

ABOUT SABOTAGE

SABOTAGE SHOWS UP IN TWO WAYS:

1. FROM THE PEOPLE AROUND YOU.
2. FROM YOUR OWN INNER RESISTANCE.
- 3.

SOMETIMES, FRIENDS, FAMILY, OR COWORKERS FEEL UNSETTLED WHEN YOU START TO CHANGE. THEY MAY TEASE, TEMPT, OR QUIETLY HOPE YOU SLIP BACK INTO OLD PATTERNS—BECAUSE YOUR GROWTH SHINES A LIGHT ON WHAT THEY AREN'T READY TO FACE. THIS ISN'T ABOUT YOU; IT'S ABOUT THEIR FEAR OF LOSING COMFORT OR CONNECTION.

OTHER TIMES, SABOTAGE COMES FROM WITHIN. YOUR INNER REBEL RESISTS CHANGE BECAUSE DEEP DOWN, CHANGE FEELS RISKY. IF YOU STEP FULLY INTO YOUR POWER, YOU LOSE THE OLD EXCUSES AND FAMILIAR HIDING PLACES. THAT CAN BE SCARY.

AT THE HEART OF BOTH IS FEAR: THE FEAR OF NOT BEING LOVED, THE FEAR OF BEING DIFFERENT, OR THE FEAR OF BECOMING FULLY RESPONSIBLE FOR YOUR OWN LIFE.

BUT HERE'S THE TRUTH: EVERY TIME YOU NOTICE SABOTAGE AND CHOOSE DIFFERENTLY—EVEN IN A SMALL WAY—YOU AFFIRM YOUR WORTH. YOU PROVE TO YOURSELF THAT YOU ARE ALLOWED TO GROW, EVEN IF OTHERS FEEL UNCOMFORTABLE.



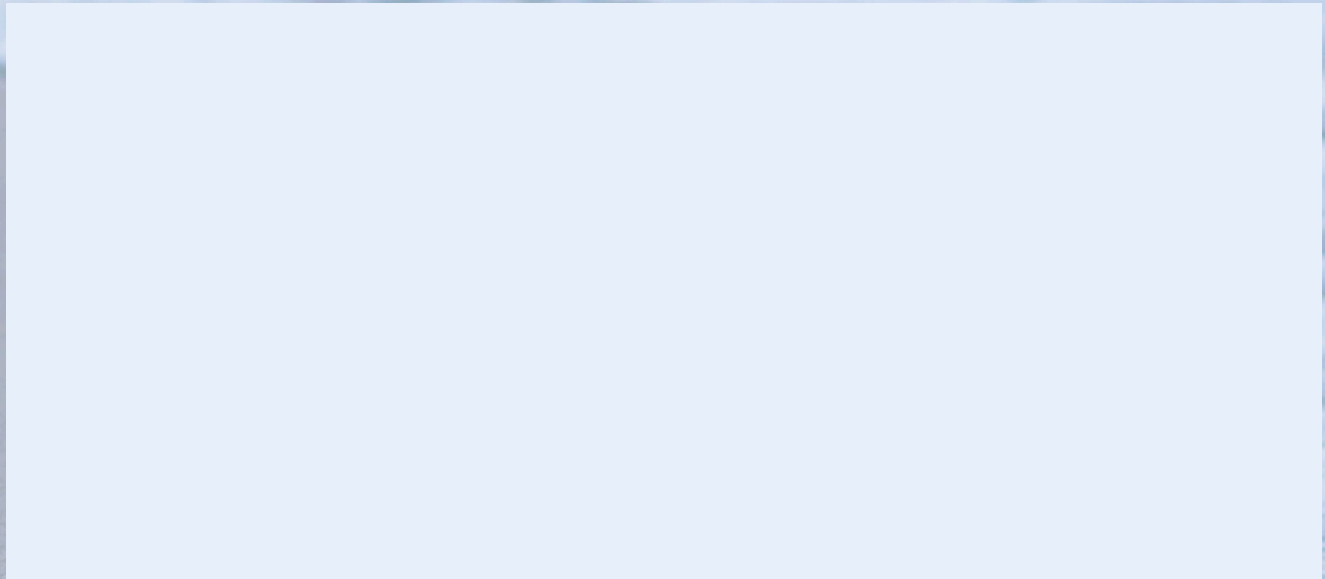
Action Guide

Reframing Self-Sabotage as Self-Preservation

The Reframe Exercise

1. Identify – Write down one way you’ve recently sabotaged yourself (procrastinating, overcommitting, numbing out, etc.).
2. Find the Protection – Ask, “What was this action trying to protect me from?” (Fear of rejection? Fear of failure? Overwhelm?)
3. Reframe – “Instead of [sabotaging behavior], I can protect myself by [new supportive action].”

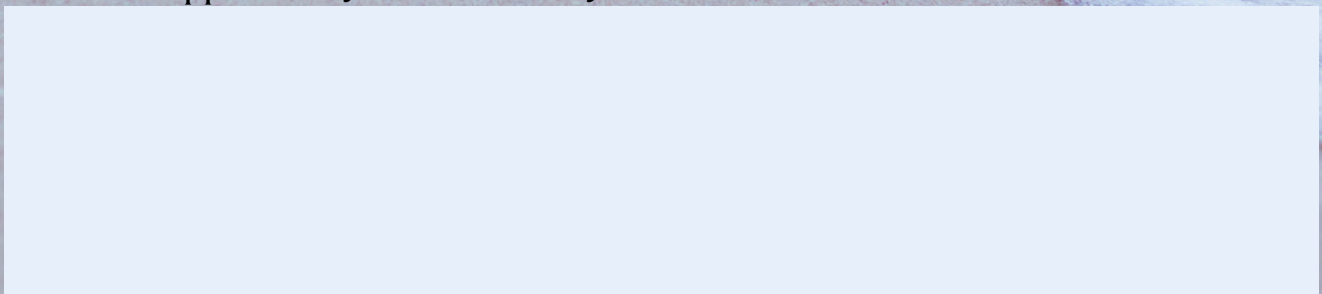
When you catch a sabotage pattern, pause and place your hand on your heart. Say: “I see you. Thank you for trying to keep me safe. I choose differently now.”



Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- One sabotage pattern I reframed this week.
- The hidden need it was trying to protect.
- How I supported myself in a new way.



Coach Tip: Self-sabotage loses its grip when you meet it with curiosity instead of criticism.



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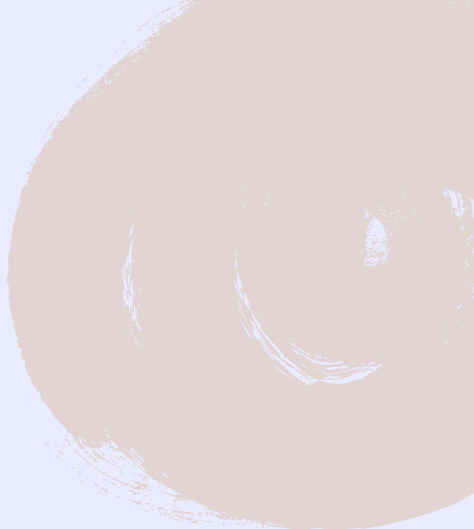
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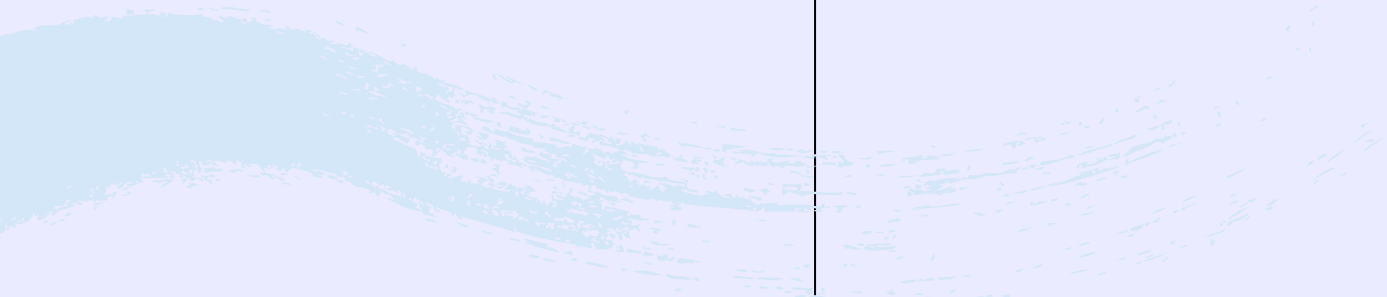
Weekly Journal

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“Trust yourself. You’ve survived a lot, and you’ll survive whatever is coming.”
— Brené Brown



Action Guide

BUILDING UNSHAKABLE SELF-TRUST

SESSION 6, DATE: _____

Take a moment to celebrate your wins both big and small, What is going well?

Why This Matters

Every commitment you keep to yourself—no matter how small—is like casting a vote for the person you are becoming. Self-trust isn't built through grand gestures, but through the quiet, daily choice to honor your own word, especially when no one is watching.

Without self-trust, every decision can feel shaky. You might second-guess yourself, delay action, or lean too heavily on others for validation. But when you practice keeping promises to yourself, even in the smallest ways, you cultivate a grounded confidence that no one can take away. That trust ripples outward—shaping your relationships, your choices, and the way you show up in the world.

Activity & Mini Practice: The Self-Trust Tracker

This week is about proving to yourself that your word matters.

1. Choose One Promise — Pick a small, doable commitment you can keep daily (example: drinking a glass of water first thing in the morning, journaling one sentence, or stepping outside for a breath of fresh air).
2. Track Daily Wins — Each time you follow through, note it in your tracker, planner, or journal.
3. Notice the Shift — At the end of each day, pause for 30 seconds and simply acknowledge: "I did it." This moment of recognition is the mini practice that teaches your nervous system: I can count on me.
4. Celebrate Follow-Through — At the end of the week, reflect on how it felt to honor your word. Notice any confidence, calm, or energy that grew.
5. Level Up — Once your small promise feels natural, choose a new one that stretches you a little further.



Action Guide

BUILDING UNSHAKABLE SELF-TRUST

Self-Trust Journal Exercise:

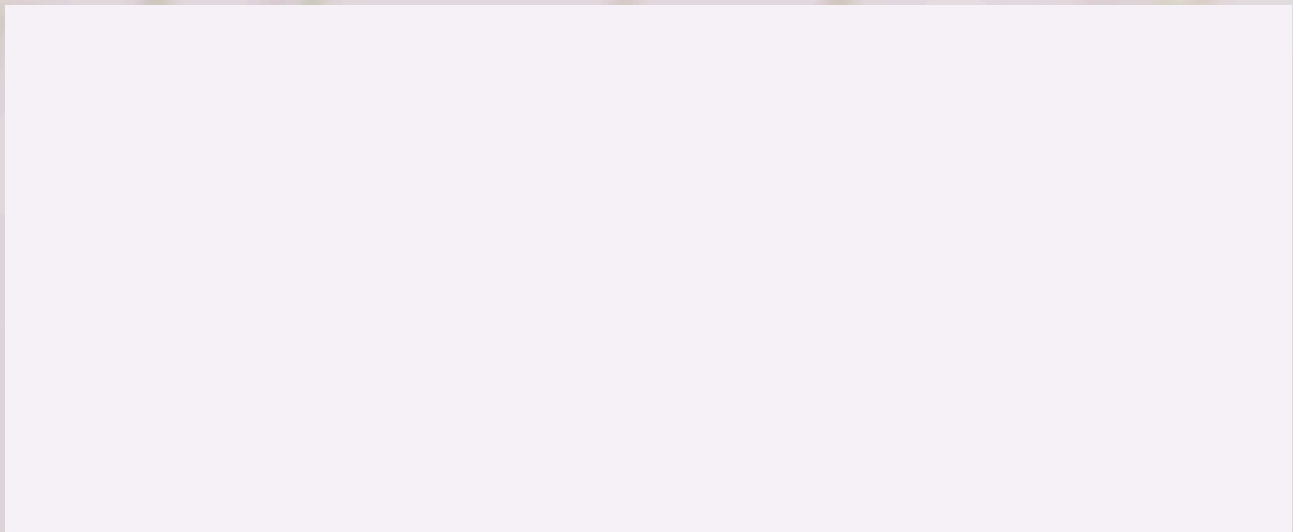
- When was the last time I followed my gut, even when it was hard?
- What's one area of my life where I can stop outsourcing my decision-making?
- If I fully trusted myself, what would I do next?



Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- One shift you noticed in your confidence after keeping even a small promise.
- How your energy or mood changed on days you followed through.
- Any resistance you felt when honoring your word — and what you learned from it.
- The difference between how you treat commitments to yourself vs. commitments to others.
- One area of your life where you now feel more capable or steady.



Coach Tip: Self-trust grows when you stop negotiating with yourself about your own well-being. If it's good for you, honor it like you would a commitment to someone you love.



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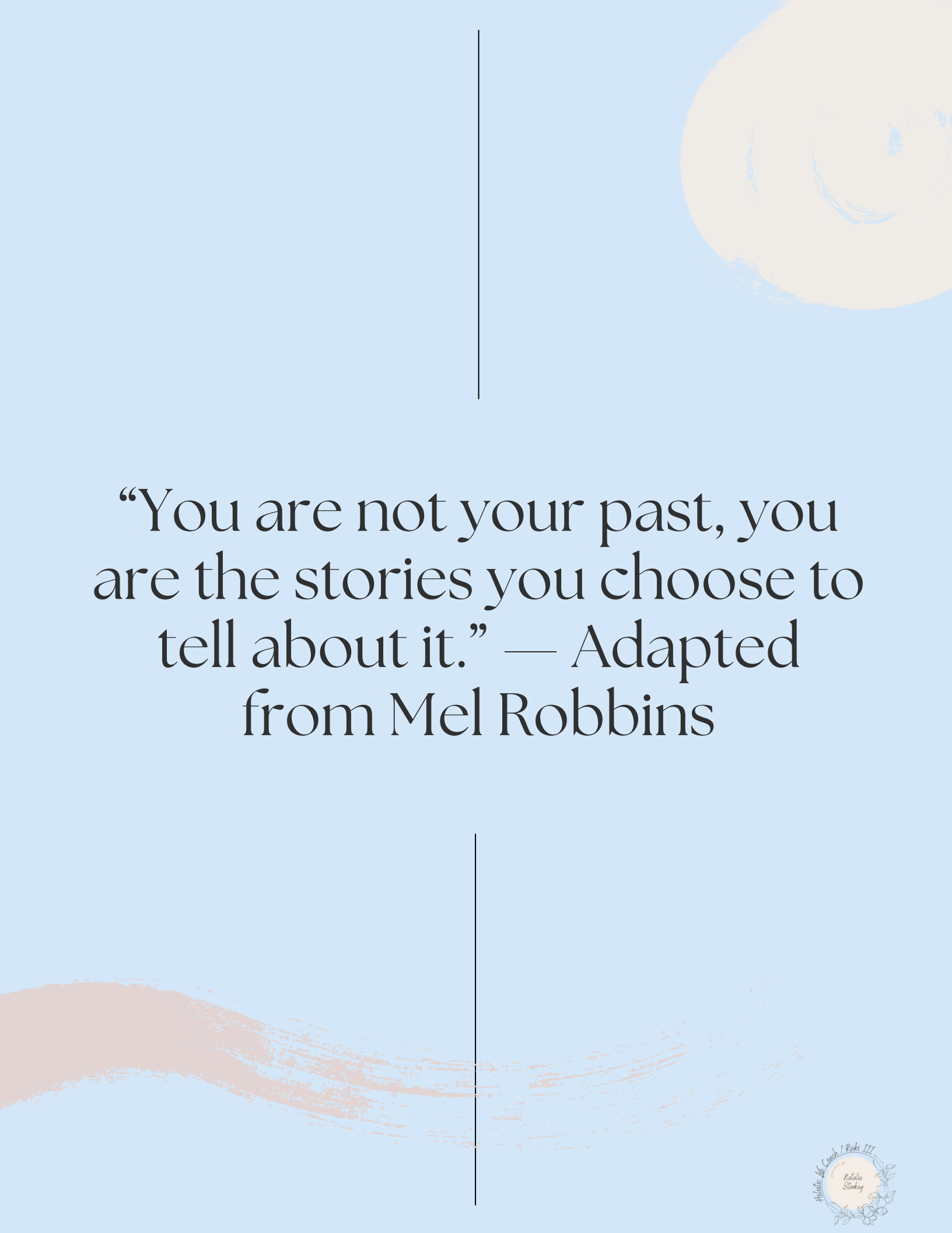
SUNDAY



Weekly Journal

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“You are not your past, you are the stories you choose to tell about it.” — Adapted from Mel Robbins

Action Guide

REWRITING THE STORIES YOU TELL YOURSELF

SESSION 7, DATE: _____

Take a deep breath and pause. Lets take a moment to celebrate what has gone well this week before diving into the next activity.



By now, you've learned how to pause, clear space, regulate your nervous system, and even notice the ways sabotage has been showing up. You've also explored your archetypes and started building self-trust. Each of these tools has prepared you for this moment: meeting the stories that have shaped you, and consciously deciding whether they still deserve a place in your life.

Why This Matters

Our stories are like background music — often unnoticed, but constantly influencing our choices. When the soundtrack is made of “I’m not enough,” “I always fail,” or “things never work out for me,” it quietly directs your behavior toward avoidance, fear, and smallness. Rewriting these stories isn’t about pretending hard things never happened — it’s about choosing a narrative rooted in truth, compassion, and possibility.



Action Guide

REWRITING THE STORIES YOU TELL YOURSELF

Focus for the Week: The Story Rewrite

1. Spot the Script

Identify a recurring thought or pattern that feels like it belongs to an old version of you.

Example: “I’m terrible with money” or “Relationships never work out for me.”

2. Name the Origin

Ask: Where did this belief come from? Whose voice is it? Parent, teacher, culture, past partner?

3. Challenge the Evidence

Write down examples that prove this belief wrong — even tiny wins count.

4. Rewrite the Story

Create a new, empowering version that’s grounded in truth and self-compassion.

Example: “I am learning new ways to manage my money, and I’ve already taken steps to improve.”

5. Anchor It

Each time the old story shows up, gently repeat your new one — aloud, in writing, or even in front of the mirror.



Action Guide

REWRITING THE STORIES YOU TELL YOURSELF

Journal Prompts

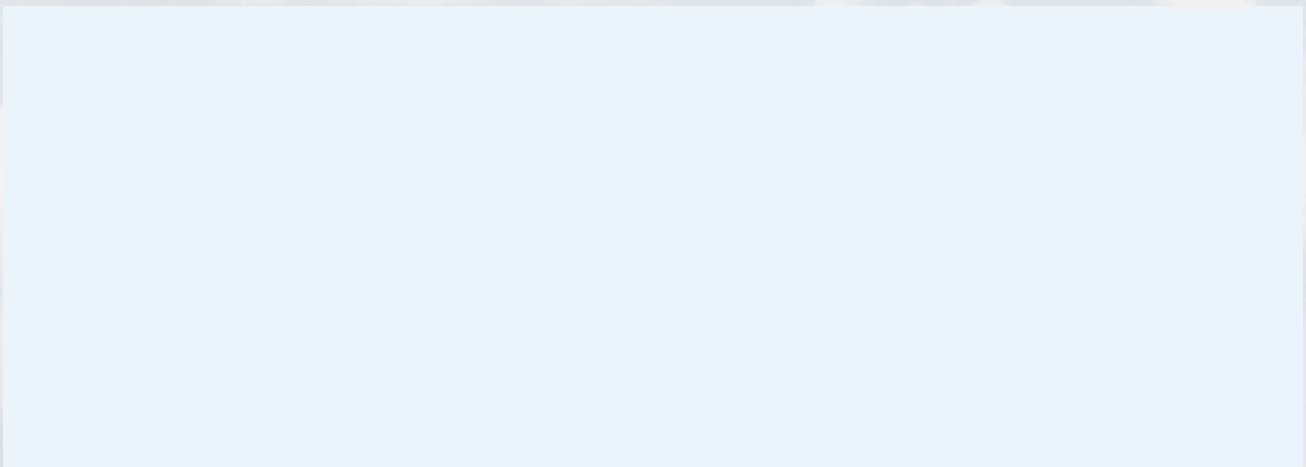
- What is a belief I've carried that no longer serves me?
- How has this belief influenced my choices or relationships?
- What would be possible for me if I no longer believed it?



Aha Moment

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- One story you caught yourself repeating — and how it felt to interrupt it.
- How your energy shifted when you spoke your new story aloud.
- What you learned about where your “old stories” originated.
- Any subtle changes in how you showed up when you believed the new story, even briefly.



Coach Tip: Your new story isn't a magic spell that erases pain — it's a conscious choice to stop letting the old one run the show. The more often you practice your rewrite, the less power the old script will hold. Gentle repetition is the bridge to lasting change.



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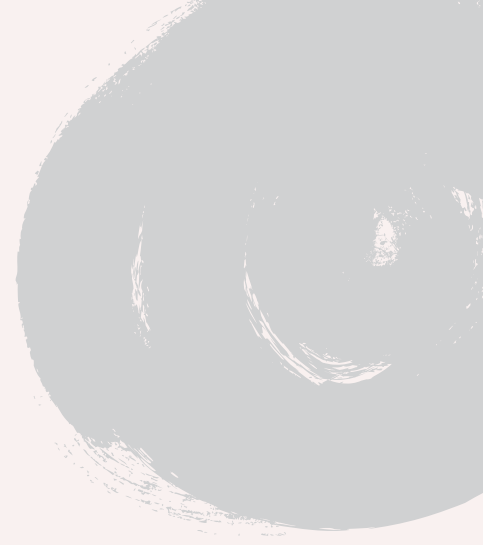
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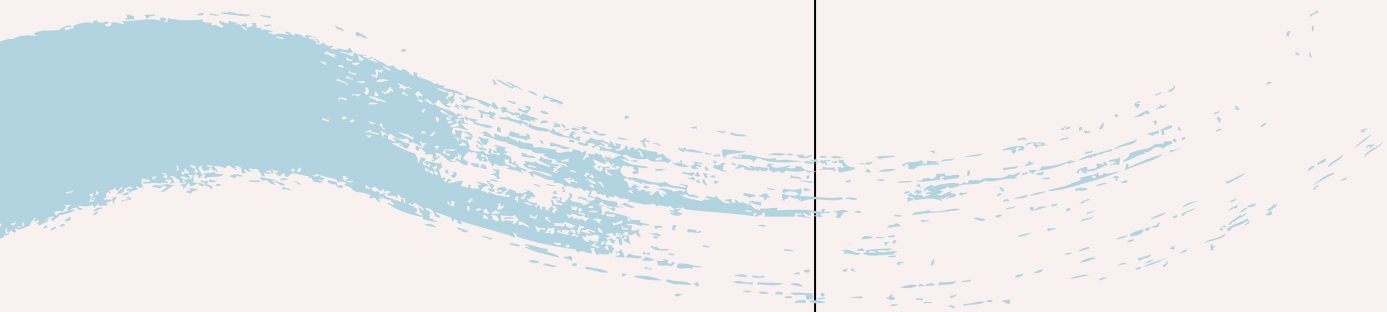
Weekly Journal

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“When your values are clear,
decisions become easier.” —
Roy E. Disney



Action Guide

VALUES & ALIGNMENT

SESSION 8, DATE: _____

Honor yourself by reflecting on what is going well this week.

At this point, you've learned how to pause, clear space, regulate your nervous system, explore archetypes, reframe sabotage, and build trust with yourself. Now you're ready to anchor all of that work in something even deeper — your values. These are the compass points that help you make decisions, honor your energy, and live in a way that truly feels like you.

Why This Matters

When you're disconnected from your values, you might say "yes" to things that drain you, silence your own needs, or feel resentful in relationships. Living in alignment with your values creates clarity, confidence, and a deep sense of self-respect. It also makes decision-making easier: if something doesn't align with your values, you already know it's not your path.

Focus for the Week: Your Top 5 Values

1. Brainstorm

Write down every value word that resonates (examples: integrity, creativity, freedom, connection, health, spirituality, adventure).

2. Narrow It Down

Circle the 5 that matter most to you right now in this season of life.

3. Define Them

Write what each value means to you in real, practical terms.

4. Check Alignment

Look back at your past week. How often were your daily choices reflecting these values? Where did you feel out of alignment?



Action Guide

VALUES & ALIGNMENT

Example:

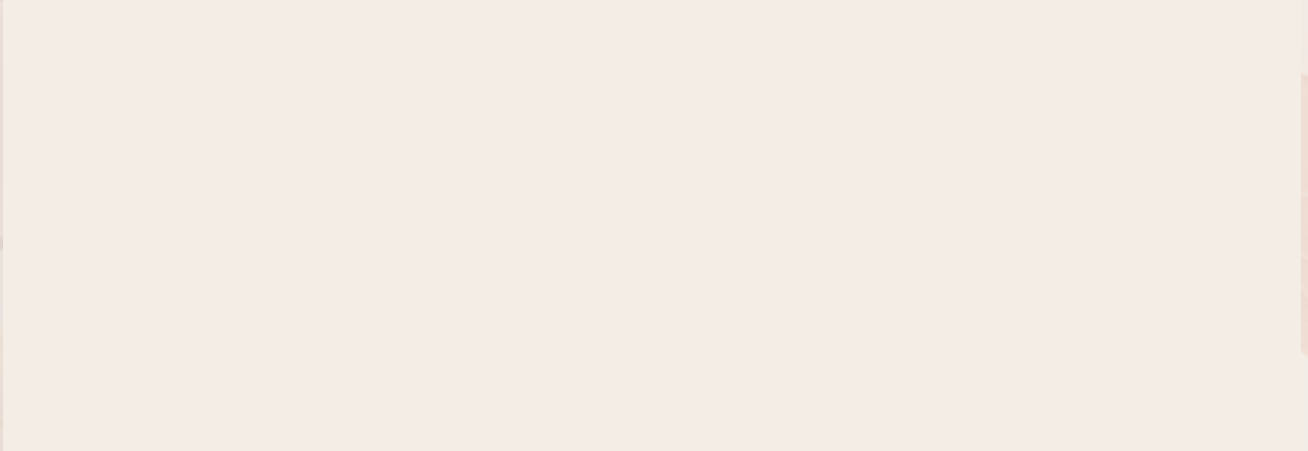
Value	What It Means to Me	Aligned Action
Health Connection	Feeling strong, energized, and rested Quality time with loved ones	3 walks per week, in bed by 10 Weekly dinner with friends

Action Guide

VALUES & ALIGNMENT

Journal Prompt

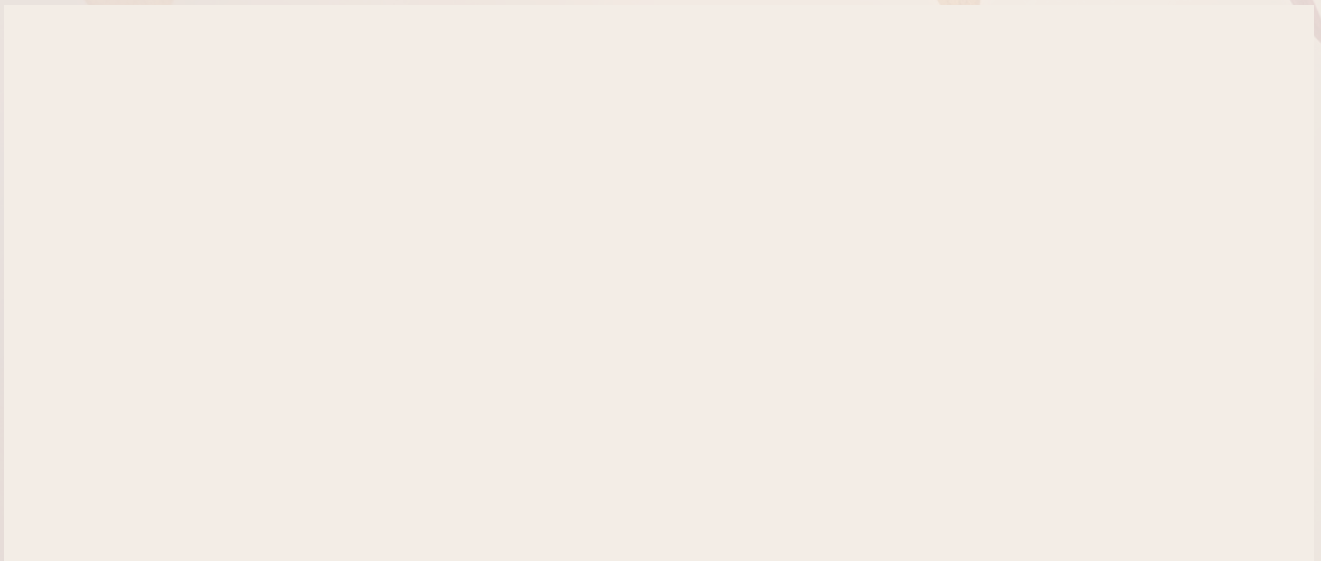
When I live in alignment with my values, I feel...



Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- Which of my values feel non-negotiable right now?
- Did I notice a place where I was living out of alignment — and how did that feel in my body?
- How might choosing my values first make decision-making easier?
- What surprised me most when I compared my values to my daily life?



Coach Tip: Values aren't just big, lofty ideals — they're daily guideposts. When you feel stuck, ask yourself: Does this choice honor my values, or go against them? The more often you pause to check in, the easier it becomes to choose alignment automatically.



Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

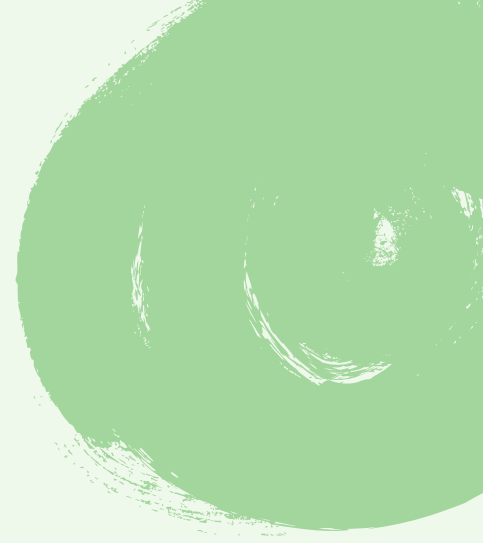


Weekly Journal

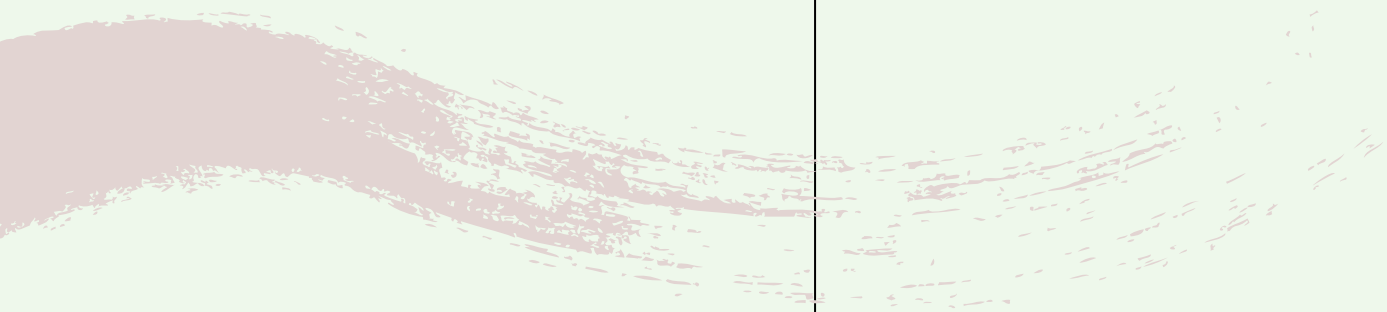
A large grid of small dots for writing, consisting of 28 rows and 50 columns.



MODULE 3.



“Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others.” — Brené Brown



Action Guide

BOUNDARIES WITH HEART

SESSION 9. DATE: _____

Time for you to celebrate your weekly wins, what is going well?

By now, you've explored your archetypes, reframed sabotage, built trust, and connected to your values. You've already set the groundwork for honoring your needs — now it's time to weave that into the way you connect with others. Boundaries don't have to feel like walls; when they're created with heart, they become bridges that protect your energy and keep relationships healthier.

Why This Matters

Without clear boundaries, it's easy to overextend, people-please, or silently carry resentment. With boundaries, you create space for honesty, respect, and deeper connection.

Boundaries aren't just about saying no — they're about saying yes to what truly matters.

Focus for the Week: Boundaries With Heart

1. Identify Energy Drains

Think about one area of your life where you often feel drained or stretched too thin.

2. Name the Need Beneath It

What are you really needing in that space — rest, respect, time, space, honesty?

3. Craft a Heart-Centered Boundary

Write a simple boundary that protects your energy without closing off connection.

Example:

- Instead of: "Stop calling me late at night."
- Try: "I love talking with you. Can we plan for earlier in the evening so I can get the rest I need?"

4. Practice One Small Step

Choose one person or situation this week where you can practice a boundary with heart.



Action Guide

BOUNDARIES WITH HEART

Reflection Prompt

Where in my life am I ready to create a boundary that honors me and supports connection?

Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- Did I notice where resentment or exhaustion was pointing me toward a needed boundary?
- How did it feel in my body when I imagined saying the boundary out loud?
- What shifted in me when I framed the boundary from love instead of defensiveness?
- Where did I realize I was already holding healthy boundaries — and how has that helped me?

Coach Tip: Boundaries are an act of love — for yourself and for others. When you honor your limits, you give people a chance to meet the real you instead of the version who's stretched too thin.



Weekly Planner

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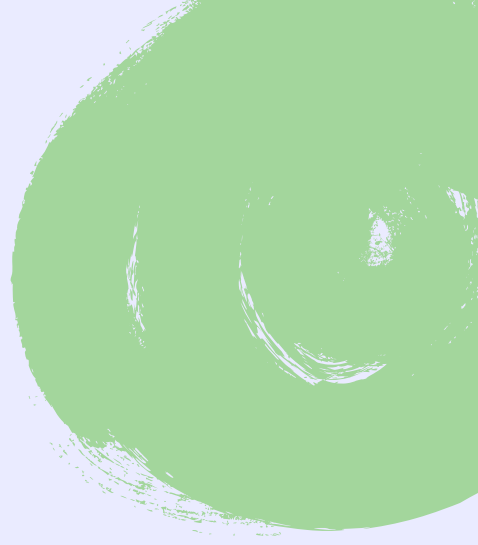
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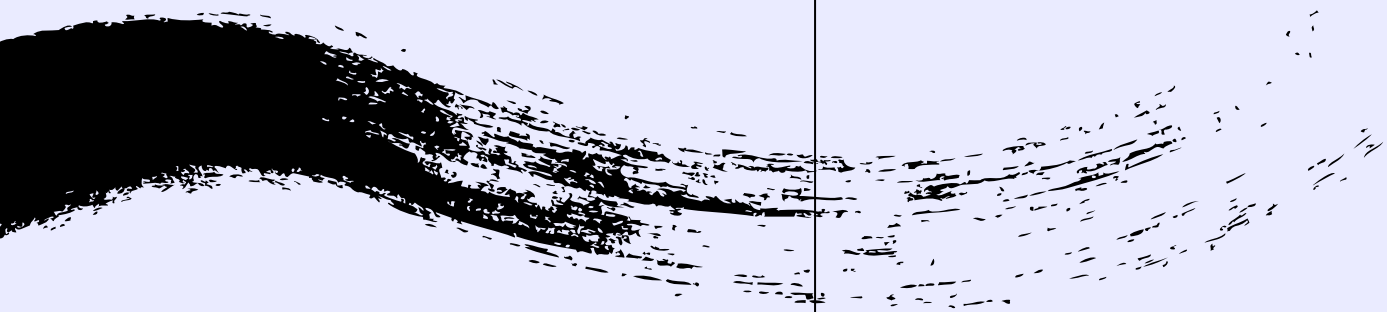
Weekly Journal

A large grid of small dots for writing, consisting of 28 rows and 50 columns.





“Speak your truth, even if
your voice shakes.”
— Maggie Kuhn



Action Guide

COURAGEOUS CONVERSATIONS

SESSION 10, DATE: _____

What is going well this week?

By now, you've built self-trust, practiced nervous system resets, and aligned with your values. All of that inner work has prepared you for this moment — bringing your truth into your relationships. Speaking up with clarity and compassion can feel vulnerable, but it's one of the most powerful ways to honor yourself.

Why This Matters

Avoiding hard conversations often leads to resentment, disconnection, and self-doubt. When you step into courageous dialogue, you reclaim your voice and create the possibility for deeper, healthier connections. Courage doesn't mean the absence of fear — it means moving forward with fear, guided by self-respect and compassion.

Focus for the Week: Courageous Conversations

1. Self-Connection First

Before you speak, check in: What do I truly need? What outcome do I hope for?

2. Heart + Backbone

Blending empathy and firmness is key — compassion softens your message, boundaries make it clear.

3. Curiosity Over Assumption

Enter the conversation with the intention to understand, not only to be understood.

4. Practice Emotional Regulation

If emotions rise, take a pause. Courage doesn't mean pushing through at all costs; it means returning when you can respond instead of react.



Action Guide

COURAGEOUS CONVERSATIONS

This Week's Practice

1. Identify one conversation you've been avoiding.
2. Clarify what you want to say and why it matters to you.
3. Write a gentle opening line (e.g., "I care about our connection, and I'd like to share something that's been on my heart.").
4. Choose the right time — don't ambush yourself or the other person.
5. Reflect afterward: What felt good? What stretched you? What would you try differently next time?

Reflection Prompt

Where in my life is silence keeping me stuck — and what truth is asking to be spoken?

Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- What did I learn about myself by having (or preparing for) this conversation?
- How did my body respond before, during, and after speaking my truth?
- What surprised me about the way the other person responded?
- In what ways did this conversation strengthen my self-trust?

Coach Note: Every courageous conversation you have is an act of self-advocacy. The more you practice, the easier it becomes to hold space for yourself and others in moments that matter. These skills deepen over time — if you want to keep refining them, continuing our work together can keep your momentum strong.



Weekly Planner

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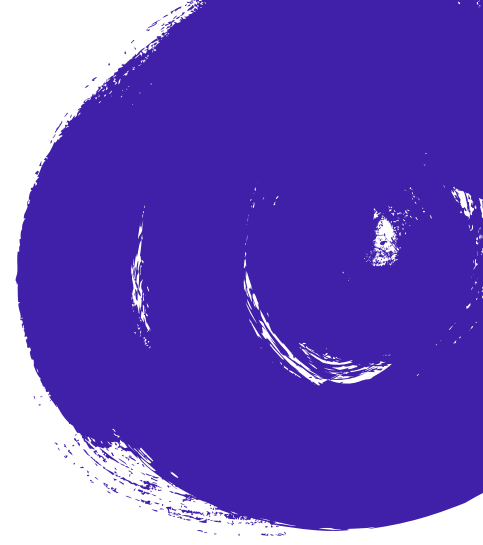
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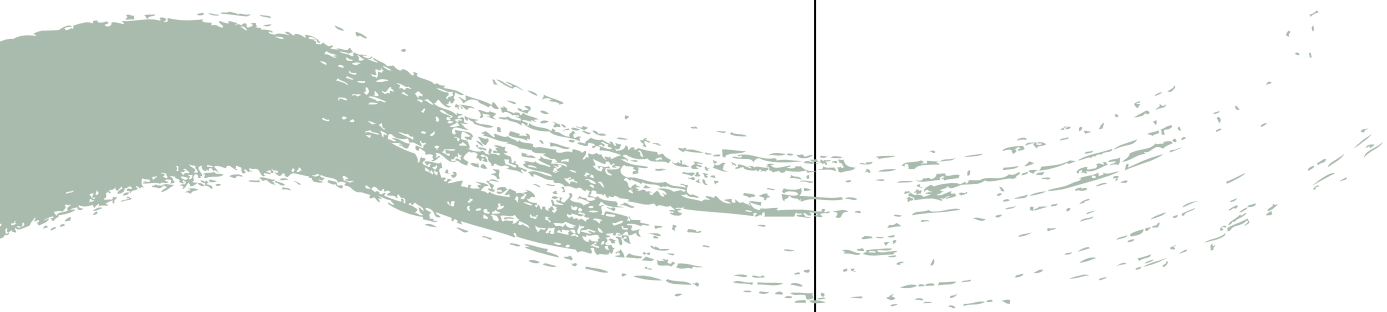
Weekly Journal

A large grid of small dots for journaling, consisting of 28 rows and 40 columns.





“And suddenly you know: It’s
time to start something new
and trust the magic of
beginnings.” — Meister
Eckhart



Action Guide

CRAFTING YOUR NEXT CHAPTER

SESSION 11, DATE: _____

What is going well this week? Let's take a moment to reflect before we dive in.

You've spent the past 10 weeks building self-awareness, creating boundaries, clearing space, and aligning with your values. Now it's time to zoom out and ask: Where do I want to go from here? Crafting your next chapter is about translating your insights into inspired, practical action so you can move forward with purpose.

Why This Matters

Vision anchors action. When you know where you're headed (and who you're becoming), choices get simpler, momentum builds, and resistance quiets. Your next chapter doesn't have to be perfect—it just needs to be aligned with your values, resourced by your nervous system, and paced with compassion.

This Week's Practice:

1. Reflect on your journey so far — identify your biggest shifts and wins.
2. Envision your ideal next chapter — what does it look like? How does it feel?
3. Map three priority areas to focus on (personal, relational, professional, spiritual — or any combination).
4. Break It Down — outline the first three action steps for each priority.
5. Commit to one bold action this week to start embodying your vision.

Mini Practice: 7-Day Pilot

Run a one-week “test drive” of your next chapter.

- Each morning: read your Future-Self Snapshot + keystone habit.
- Each evening: one line in your journal — What moved me closer today?
- Adjust, don't judge.

Reflection Prompt

Which choices this week felt most aligned with my values and future self? What became easier once I named my priorities?



Action Guide

CRAFTING YOUR NEXT CHAPTER

Journaling Prompts:

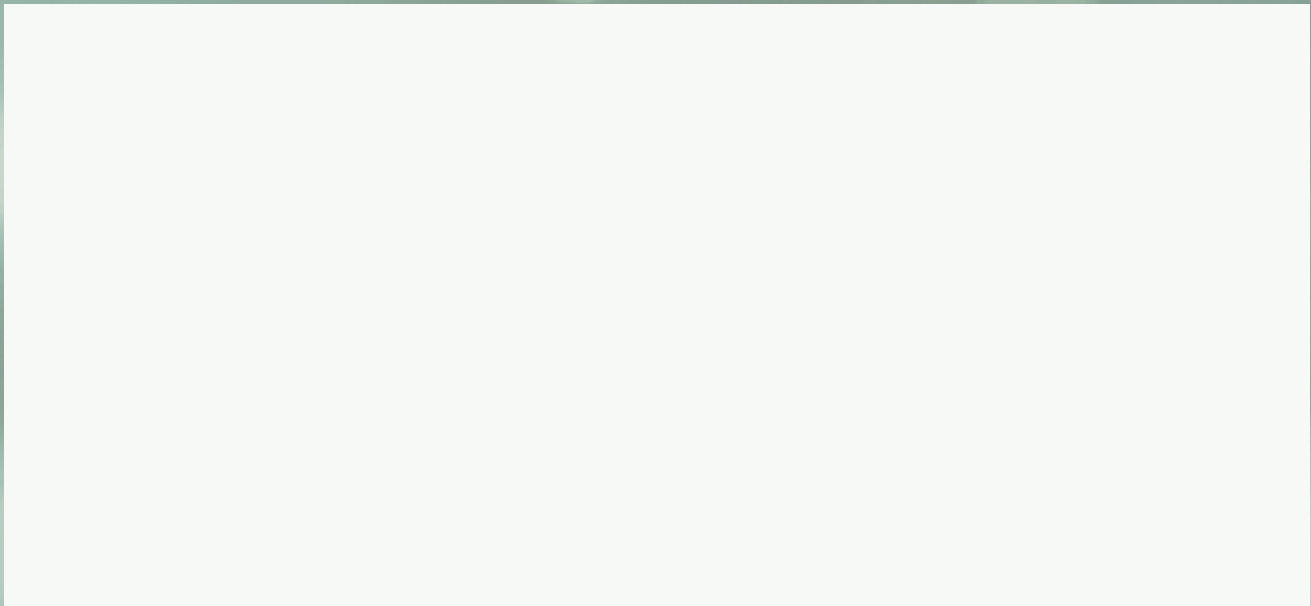
- If nothing was holding me back, what would my next chapter look like?
- What am I no longer willing to tolerate in my life?
- What three words do I want to define the season I'm stepping into?



Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from this week)

- What surprised me when I translated vision into small steps?
- Which action gave me the most energy or traction?
- Where did resistance show up, and what support would help?
- What will I keep, tweak, or drop for next week?
- What one bold-yet-kind commitment am I ready to make for the month ahead?



Coach Note: This is where the real magic happens. You're not just closing a chapter — you're intentionally beginning a new one.



Weekly Planner

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FRIDAY

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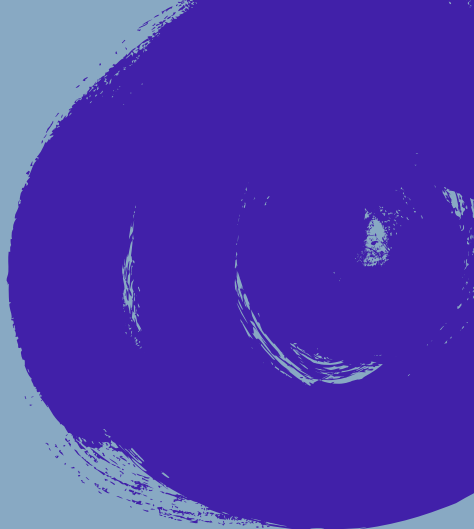
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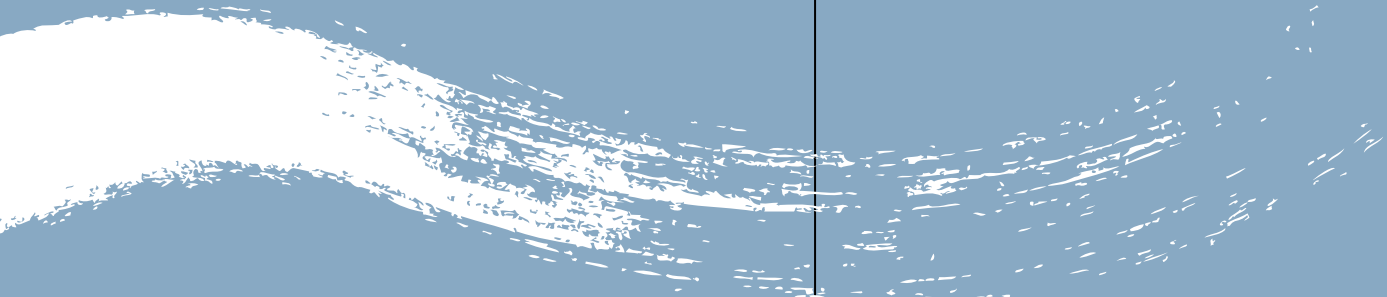
Weekly Journal

A large grid of small dots for writing, consisting of 28 rows and 50 columns.





“What you think about and
thank about, you bring
about.” — Abraham Hicks



Action Guide

INTEGRATION & NEXT STEPS

SESSION 12, DATE: _____

Congratulations! I hope that you continue to acknowledge what is going well. Let's see what you have for this week.

You've just spent 12 weeks slowing down, tuning in, clearing space, and building a vision that feels like you. Now it's time to integrate the tools, insights, and shifts you've created so they become part of your everyday life — not just something you “did once.” Integration is where transformation takes root.

Key Concepts:

- **Integration Is Active:** The work doesn't end here — it evolves with you.
- **Consistency Over Perfection:** Lasting change is built in small, steady steps.
- **Your Toolbox Is Yours:** You now have practices you can return to anytime.
- **Support Sustains Growth:** Community and accountability keep momentum alive.

This Week's Practice:

1. Review your notes, journaling, and aha moments from the past 12 weeks.
2. Choose three core practices or habits you want to carry forward.
3. Identify one ongoing challenge and how you'll apply what you've learned to it.
4. Write a “Letter to My Future Self” summarizing who you are now, what you've learned, and what you're stepping into.
5. Share your wins — even if it's just with yourself in a mirror. Speaking it out loud matters.



Action Guide

INTEGRATION & NEXT STEPS

Journaling Prompts:

- What has shifted the most for me since Week 1?
- What tools or practices do I feel most called to keep using?
- What is one area where I want to deepen my growth over the next six months?

Aha Moments

(Write down your insights, breakthroughs, or shifts in perspective from wrapping up the program.)

- What part of this journey surprised me the most?
- How do I know I can trust myself to keep moving forward?
- What feels possible for me now that didn't 12 weeks ago?

Coach Note: You've shown up for yourself for 12 whole weeks — that's no small thing. Be proud! You've proven you can create change, hold space for your growth, and take aligned action.

If you're ready to keep building on this foundation, the 12-Week Creating Clarity Intensive offers real-time coaching to deepen this work. And if you're craving a more expansive transformation, the 24-Week Soul Shift VIP Experience is designed to carry you through your next evolution with sustained guidance and support.



Weekly Planner

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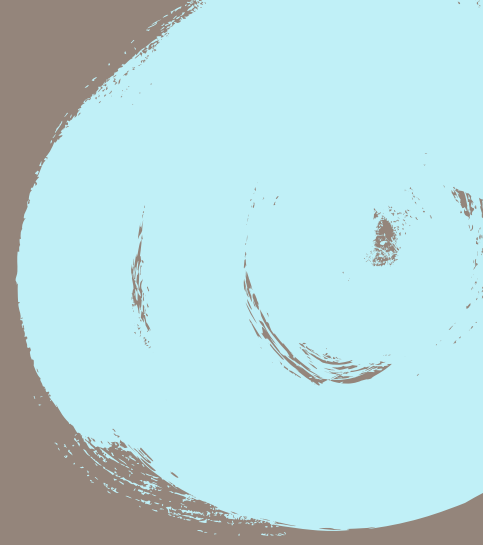
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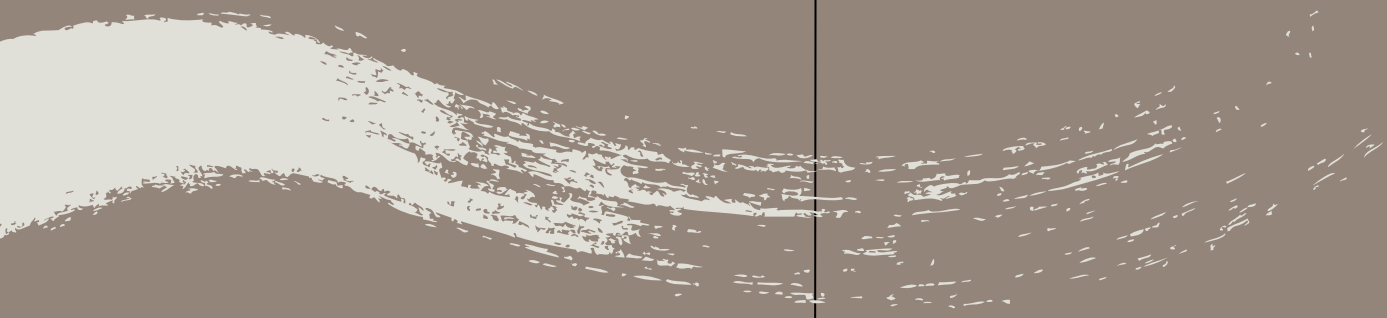


Weekly Journal

A large grid of small black dots, intended for writing a weekly journal entry.



"What lies behind us and what lies before us
are tiny matters compared to what lies
within us." — Ralph Waldo Emerson



Dream Page

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Dream Page

A large grid of small black dots for writing, covering most of the page.



Thank-you!

You've completed a powerful 12-week journey of self-discovery, reflection, and intentional growth. That is no small thing. You showed up for yourself — even on the hard days — and that commitment is worth celebrating.

This wasn't just about filling out pages. It was about listening to your inner voice, making space for what truly matters, and beginning to live in a way that feels aligned and authentic. You've proven you can create change and hold space for your own growth.

While this chapter of our work together closes, your journey is only expanding. You now have tools, practices, and awareness that can serve you for years to come.

If you feel called to continue this work, my live coaching programs — the 12-Week Creating Clarity Intensive or the 24-Week Soul Shift VIP Experience — are designed to support your next evolution

Thank you for allowing me to walk beside you in this season of your path. I see you. I celebrate you. And I believe in you.

With gratitude,

Natalie Starkey
Holistic Life Coach



Contact:

www.coachingwithnatalierenee.com

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." — Anaïs Nin

