

Clarity Kickstart



Recenter, Realign and Reclaim





Welcome to Your Clarity Kickstart

Dear Beautiful Soul,

Transitions are not always easy - but they are invitations: invitations to pause, reflect, and honor who you are becoming.

This companion workbook was created to support your Clarity Kickstart journey. Inside, you'll find prompts, affirmations, and room to breathe into your reflections.

There's no "right" or "wrong" way to use these pages - only your way. Take your time, trust what arises, and know that each word you write is a step toward remembering yourself.

Tip: Keep this nearby - beside your morning coffee, in your bag, or on your nightstand - as a reminder that clarity grows when you show up with presence and honesty.

This is your safe place to lay down fear and pick up trust.

I'm honored to walk this path with you.
With love & light.

Natalie Starkey
Living Vibes, LLC



Session One-The Pause (Recenter)

Before we can see where we're going, we must pause long enough to notice where we are. Use this space to ground your energy, calm your nervous system, and reconnect to the present moment.

Let each breath remind you that safety and clarity begin within.

Reflection Prompts

- What season of life am I in right now?
- What feels heavy or ready to be released?
- What am I grateful to be carrying forward?

When I am still, I remember who I am

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The Pause

Presence is the starting point of every transformation.

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Session Two-The Mirror (Realign)

Awareness is the bridge between confusion and clarity.

This section invites you to witness your patterns, emotions, and stories with compassion - not judgment.

Notice what parts of you are asking to be seen, healed, or softened.

Reflection Prompts:

- What stories have I been repeating about myself or my life?
- Where do I feel resistance, and what might that resistance be protecting?
- What emotions visit me most often? What are they trying to teach me?

I honor what I've learned from my patterns, and choose alignment over autopilot.

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The Mirror

Compassion, not control, is what creates lasting change.

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Session Three-The Pivot (Reclaim, Pt 1)

Once you've met your patterns with compassion, you create space for new choices.

This page is about envisioning what alignment looks and feels like for you and claiming the version of yourself who is already emerging.

Reflection Prompts:

- If fear wasn't leading, what would I choose instead?
- How would it feel to move through life with ease instead of effort?
- What new story am I ready to live into?

I am safe to evolve.

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The Pivot

The moment you choose self-trust, transformation begins.

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Session Three-The Path (Reclaim, Pt 2)

This is your invitation to translate clarity into action - gently, intentionally, and at your own pace. Choose small, soul-aligned steps that honor where you are and who you're becoming.

Reflection Prompts:

My top three intentions for the next 30 days:

1.

2.

3.

One small daily or weekly action to support each intention:

1.

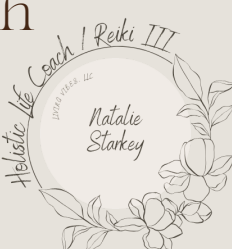
2.

3.

My grounding ritual or self-trust practice:

I walk with intention, trusting that each step reveals the path

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Carrying Clarity Forward

You've done beautiful work. This page is your space to honor your growth and set intentions for how you'll carry your clarity into daily life.

There is no finish line here, only an unfolding.

Reflection Prompt:

- Three things I've learned about myself:
- How I will honor my clarity moving forward:
- What I'm most proud of acknowledging in myself:

You don't need to start over - you just need to start within.





Congratulations, Beautiful Soul - You Did It!

Dear Beautiful Soul,

You've done something extraordinary - you showed up for yourself.

Through these three sessions, you've paused, listened, and allowed clarity to take root in your life. That's no small thing. It's an act of self-trust, and it deserves to be honored.

As you close these pages, take a gentle breath and reflect on what's shifted - the patterns you've released, the truths you've reclaimed, and the lightness that's beginning to return.

Remember, this is not an ending - it's a beginning. The clarity you've cultivated here is meant to move with you, guiding each next step with grace and intention.

When you feel called to go deeper, know there are other paths waiting - from the Creating Clarity program to private coaching experiences designed to continue this inner work. I would be honored to walk alongside you as you keep unfolding into the fullest version of yourself.

You are worthy of peace, purpose, and joy, and it's already unfolding within you.

With love & light,
Natalie Starkey
Living Vibes, LLC