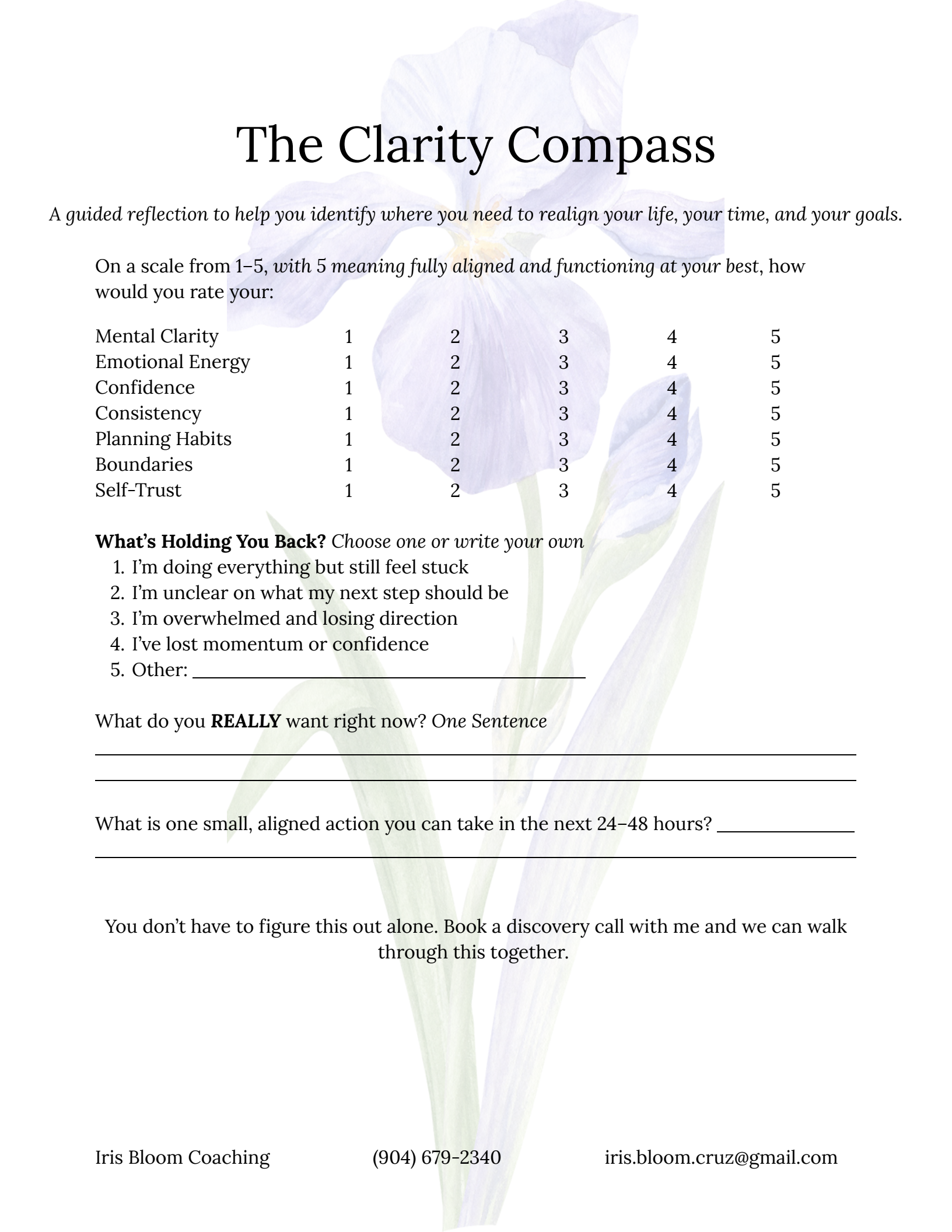




The Clarity Compass

A guided reflection to help you identify where you need to realign your life, your time, and your goals.

On a scale from 1–5, with 5 meaning fully aligned and functioning at your best, how would you rate your:

Mental Clarity	1	2	3	4	5
Emotional Energy	1	2	3	4	5
Confidence	1	2	3	4	5
Consistency	1	2	3	4	5
Planning Habits	1	2	3	4	5
Boundaries	1	2	3	4	5
Self-Trust	1	2	3	4	5

What's Holding You Back? Choose one or write your own

1. I'm doing everything but still feel stuck
2. I'm unclear on what my next step should be
3. I'm overwhelmed and losing direction
4. I've lost momentum or confidence
5. Other: _____

What do you **REALLY** want right now? One Sentence

What is one small, aligned action you can take in the next 24–48 hours? _____

You don't have to figure this out alone. Book a discovery call with me and we can walk through this together.