Sandrine Kiatu



CLARITY IN MIND

A STRUCTURED WAY TO MAKE BETTER DECISIONS

A GUIDE FOR LEADERS AND MANAGERS



When nothing feels truly clear

You think a lot and go over things again and again in your head, and still nothing feels truly clear. As a leader you carry decisions every day, for yourself and for others, often between two appointments and with no time to sort them out in peace.

Maybe clarity is not what you are missing. It just gets lost in the loop of your thoughts.

This is exactly where this guide comes in. It helps you put your thoughts in order and find your way back to your clarity.

If you catch yourself thinking: “Yes, this is exactly what I need”, you are in the right place.

WHAT IS REALLY GOING ON

You try to make a decision while several voices speak inside you at the same time. One part of you has long known what feels right, another doubts and holds you back.

And the more you try to hear everything at once, the quieter the very voice becomes that could give you clarity.

Clarity is often already there.
It just gets drowned out.

The moment you start to tell things apart, it gets clearer. **Not loudly, but noticeably.**









PRACTICAL EXERCISE:

GET IT ALL OUT OF YOUR HEAD

This exercise gets the thoughts out of your head and makes visible what really matters.

STEP 1

Pause for a moment before you begin: if your current situation were a book title, what would it be?

Write it down.

STEP 2

Write down everything that is on your mind right now, without structure and without judgment.

Everything that stays in your head stays unclear.

STEP 3

Read it all through once more and ask yourself: which of this is really mine, and what have I simply taken over from others? Give yourself a moment for it.

TIP

Be honest and really write everything down. The more you get out, the clearer it becomes.

Feel the difference.

If what you feel now had a title, what would it be?

Not because everything is solved, but **because something has shifted.**

CLARITY DOES NOT START IN THE HEAD, BUT ON PAPER.

You have just written down a lot, and perhaps you notice:
not everything feels equally “true”.

THIS IS WHERE CLARITY BEGINS.

Not everything you think is a fact. Much of it is assumptions, or simply emotions.

CLARITY APPEARS WHEN YOU START TO DISTINGUISH:

1 FACTS

What really happened?
What can be verified?

2 ASSUMPTIONS

What do you believe
without knowing for sure?

3 EMOTIONS

What do you perceive,
regardless of the facts?

Example from everyday leadership: “My team does not stand behind me” is an assumption, “two colleagues stayed silent in the meeting” is a fact.

NOW GO THROUGH YOUR LIST AGAIN AND MARK IT:

- **F** **FACTS** — What really happened
- **A** **ASSUMPTIONS** — What you believe
- **E** **EMOTIONS** — What you perceive

You will see: a large part of what blocks you **is not based on facts.**

CLARITY DOES NOT COME FROM THINKING MORE,
BUT FROM DISTINGUISHING CLEANLY.



MY VISION

Clarity is not something you lack. It is often already there, quiet and clear, but covered over. In my work as an HR expert and DACTE-certified systemic business coach, I see again and again how leaders and others think a great deal, reflect and search for answers, and in doing so hear themselves less and less clearly.

And this is exactly the point where it becomes decisive: not to think more, but to recognize what really matters.

My vision is that you regain access to this inner clarity and reach the moment when you no longer search, but know. **And begin to act on it.**

Sandrine Kiam

WHY YOU STILL DO NOT MOVE FORWARD

1.

You have clarity now and still keep going in circles. You think, you analyze and you look for the right decision, **and that is exactly what holds you in place.**

2.

You wait for certainty, for the moment when it truly feels “right”. But that moment does not come, because you want the perfect decision without risk, **and that is exactly why you stand still.**

3.

Clarity does not come before the decision. It comes because you decide. While you wait, everything stays as it is, **and that too is a decision.**

WHAT YOU REALLY NEED NOW

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You have long known what actually needs to happen, you have felt it, more than once. And still you go in circles, you think, you doubt, you postpone, **and that is exactly why nothing changes.**

If you are honest, you do not want to go on like this, not another week, not another few months, not another year. You want out of this state in which you understand everything but change nothing.

Clarity is not what you are missing. You need a decision and someone who guides you through exactly that. If you could solve it alone, you would be further along by now.

Book your Clarity Call now.



You have clarity. Why you still do not decide.

Not because clarity is missing, but because you are trying to make **the perfect decision**.

> **Clarity does not arrive someday.**
> **It arrives when you decide.**

! If you change nothing, everything stays exactly as it is.

CLARITY IN MIND

You finally hear again what really matters.

CLEAR DECISIONS

You make decisions without losing yourself.

CHANGE

You stop thinking and start acting.

Make a decision now. 20 minutes that move you forward.

BOOK MY CLARITY CALL →

CLARITY. DIRECTION. DECISION. CHANGE.

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