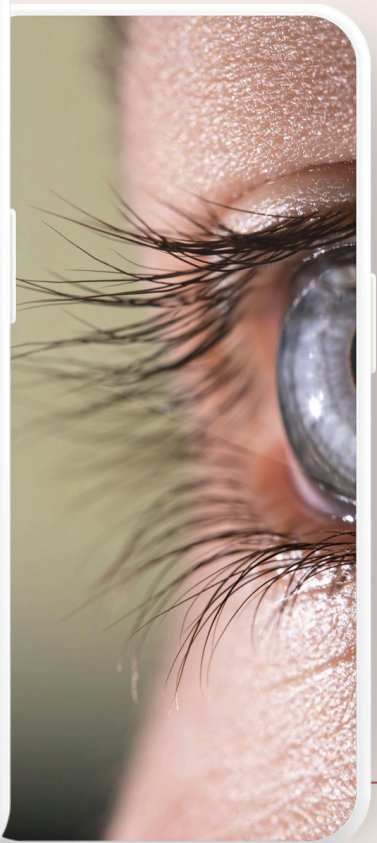
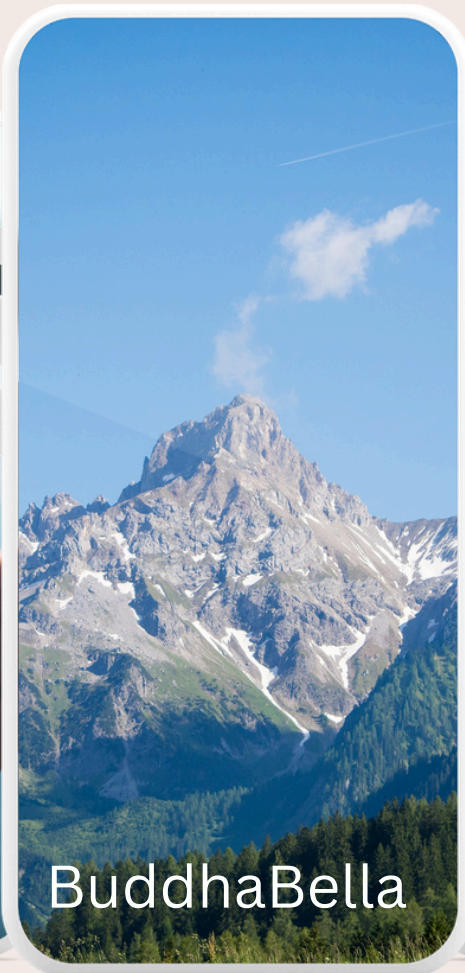




THE 7 DAY  
CLARITY RESET

# WORKBOOK

"Get absolute clarity on what you want and remove  
mental noise in 7 days."





# Welcome!

Welcome to the 7 day Clarity Reset where you will “Get absolute clarity on what you want and remove mental noise in 7 days.”

Hi, I’m Kristy from Buddha Bella

This mini book has been put together for you so you can become aware of where your ‘stuck’ might be coming from. It allows us to see ourselves from a different perspective.

If you want to change your life you shift your view point, shift your identity and take action, Let’s go!

*xo, Kristy*



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# The Noise

What am I consuming?

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## Why We Feel Confused

Most people don't lack clarity—they have too much noise. With social media, news, opinions, expectations, and constant external stimulation, it becomes difficult to hear your own thoughts or clear your own mind.

Clarity isn't something you find. It's something that appears when the noise is silenced, the space is provided and you are present.

## Exercise: What Am I Consuming Mentally?

Write down everything you regularly consume:

- Social media accounts
- News sources
- Podcasts
- YouTube channels
- Friends' opinions
- Family expectations

Ask yourself:

- Does this add clarity or confusion?
- Do I feel energized or drained after consuming it?
- Is this helping me become who I want to be?

Circle anything that consistently creates overwhelm, comparison, or distraction.

“If we don’t know our own mind, something else will control it”

# False Desires

## Social Conditioning Vs Personal Desire

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### Day 2: The False Desires List

#### What Do You Actually Want?

Many of our goals aren't truly ours. They come from society, family, culture, or comparison.

Sometimes we're chasing things because we think we should want them, not because we genuinely do.

Exercise: What Do I Want vs. What Do I Think I Should Want?

#### **Create two columns:**

I Think I Should Want

- 
- 
- 
- 
- 
- 
- 

I Actually Want

- 
- 
- 
- 
- 
- 

Notice where the lists differ. Those differences often reveal where your real clarity begins.

# Emotions

## You Want "Feelings"

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### Day 3: The Emotional Truth Filter

#### Every Desire Has a Feeling Behind It

Most people think they want money, success, a relationship, or a certain lifestyle.

But what they really want is the feeling they believe those things will create.

#### **Exercise:** Map Your Desires to Emotions

For each desire, ask:

"I want \_\_\_\_\_ because I want to feel \_\_\_\_\_."

Examples:

- More money → Freedom
- A new career → Fulfillment
- Better health → Confidence

Exercise 1: Write down your top desires and the emotions behind them.

You may discover you're chasing several different goals for the same feeling.

Exercise 2: What are these 'feelings'? We can say, I want to feel fulfillment, but what is that? Can you describe it? Does the emotion have a belief behind it?

# Ideal Day

What is your Ideal Day?

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## Day 4: The Future Day Exercise

### Design Your Ideal Day

Instead of focusing on goals, focus on how you want your life to feel and function.

Imagine it's three years from today and life is going exceptionally well.

### **Exercise:** Describe Your Ideal Day

Write about:

- Where you wake up
- How you spend your morning
- The work you do
- Who you spend time with
- How you feel throughout the day
- What your evening looks like

Be specific. The details often reveal what matters the most.

# Energy Leaks

What's Draining You?

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## Day 5: The Energy Leak Map

### Clarity Requires Energy

It's difficult to know where you're going when your energy is constantly being drained.

Every distraction, habit, commitment, or relationship carries an energy cost.

### **Exercise:** Identify Your Energy Leaks

List anything that regularly drains you:

- Habits
- Apps
- Commitments
- Relationships
- Environments
- Thought patterns

Next to each one, ask:

"Is this helping me move toward the life I want?"

**Exercise:** Choose one energy leak you can reduce this week. How will you do this?

# Real Goals

## 3 Important Focus Areas

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### Day 6: The 3 Real Goals Rule

#### Focus Creates Momentum

Most people are overwhelmed because they're trying to improve everything at once.

Real progress comes from concentrating your energy.

#### **Exercise:** Choose Your Top 3 Focus Areas

If you could only improve three areas of your life over the next 12 months, what would they be?

Examples:

- Health
- Relationships
- Business
- Finances
- Personal growth

Write your three priorities and one simple action for each.

**Remember: If everything is important, nothing is.**



## LIFE WITH PASSION

What I can be the best at?

Blank space for writing the answer to the question: What I can be the best at?

When I do this do I feel great about myself and why?

Blank space for writing the answer to the question: When I do this do I feel great about myself and why?

What makes me want to jump out of bed in the morning?

Blank space for writing the answer to the question: What makes me want to jump out of bed in the morning?

What is my greatest strength?

Blank space for writing the answer to the question: What is my greatest strength?



# LIFE WITH PASSION



What excites me - activities/hobbies and why?

One thing I've always wanted to learn

What skills do I want to learn and why? in the morning?

Where have I always wanted to go?



## LIFE WITH PASSION

W3 People I admire the most about myself and why?

Blank response area for the first question.

W What about them do I respect/admire?

Blank response area for the second question.

W What accomplishments am I proud of the most and why?

Blank response area for the third question.

W One thing I want to do on a daily basis and why?

Blank response area for the fourth question.



# LIFE WITH PASSION



What One thing I want to do on a weekly basis and why?

Blank response area for the first question.

What people do I want to surround myself with?

Blank response area for the second question.

What do I want to be remembered for? in the morning?

Blank response area for the third question.

Ultimately this is what I want in life?, Peace? happiness

Blank response area for the fourth question.



# Commit

Make a Declaration and celebrate every win

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## Day 7: The Commitment Statement

Choose a Direction

Clarity doesn't come from endless thinking. It comes from making a decision and moving forward.

You don't need certainty. You need commitment and certainty comes from clarity, committing and taking action.

### **Exercise:** Write Your Commitment Statement

Complete the following:

"I am choosing to focus on \_\_\_\_\_.

Over the next 12 months, I will prioritize \_\_\_\_\_.

I will let go of \_\_\_\_\_.

I am committed to becoming the person who \_\_\_\_\_."

Sign and date it.

This is your declaration of direction. It doesn't have to be perfect—it simply has to be yours.

Stay tuned as I am currently designing a self coaching journal – from clarity to desired life

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You don't need all the answers today.  
You simply need enough clarity to take the next step.  
The more honest you become about what you truly want, the easier your path forward becomes.

Clarity is from giving yourself space

Be Present

Be Still

Be Centred

Be Clear

"If you want to actually build this life instead of just clarifying it, follow..... @BuddhaBella





*Thank you!*

“You don't need all the answers today. You don't need perfection, you just need to begin”

Thank yourself for doing this 7 day clarity reset to get clear on your path forward. Follow along by subscribing to my youtube channel and monthly newsletter - no spamming allowed. Lots of Love xo

Kristy

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