



THE CLARITY COMPASS

What Do I Want My Life to Look Like Now?

10 Questions for Women at a Crossroads

by Allison Fisher



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Hello there and Welcome!
I'm Allison Fisher, Change Coach.

If you've been spinning in indecision or feeling unsure about your next step in your career or life, this Clarity Compass is your guide. You don't need all the answers - you just need the right questions.

Whether you're starting again after a life change, want to rediscover who you are, or want more out of life, this workbook will help you understand the essential ingredients to move forward.

I know, I've been there. I understand how hard it is to sit in uncertainty, feel stuck, and feel unconfident about the next step. I've spent much of my life trying to discover what I loved, what mattered to me, and then find the confidence and courage to make it happen. So whenever I work with people, I bring lived experience and the knowledge and tools that have helped me be the person I am today.

I've been a coach for over twenty years, and I love helping women navigate change, find clarity, and find the courage to step into the next chapter of their lives.

The important question for you is:

What do I want my life to look like now?

Find a quiet space and begin. Be honest, be kind to yourself, and trust that clarity is within you.

Warmly

Allison x

WHAT IS CHANGE?

If you're reading this, then it's likely you're going through some kind of change. It could be a relationship breakup, an empty nest, a loss of some kind, like redundancy, the death of someone close or relocation. It could be physical, like menopause, or it could be your own internal knowing that it's time to change your career or how you live your life in some way.

Of course, the reality of life is that things do not stay the same, much as we'd like it to.

Change can be a form of learning, requiring people to build new skills, values, and habits.

Change can be a process of moving from a present situation to a new one or achieving a new goal.

If you are reading this, you know the reality is that change can be tricky. It gets tricky when it's up front and personal, when we add in feelings about the change like loss, hurt, doubt and fear.

Change can also be exciting. It can be an opportunity to start anew, to stop living life in "Okay" mode rather than "I'm living my best life" mode. It's time to reset your thoughts and believe you can do this and navigate this time in your life.





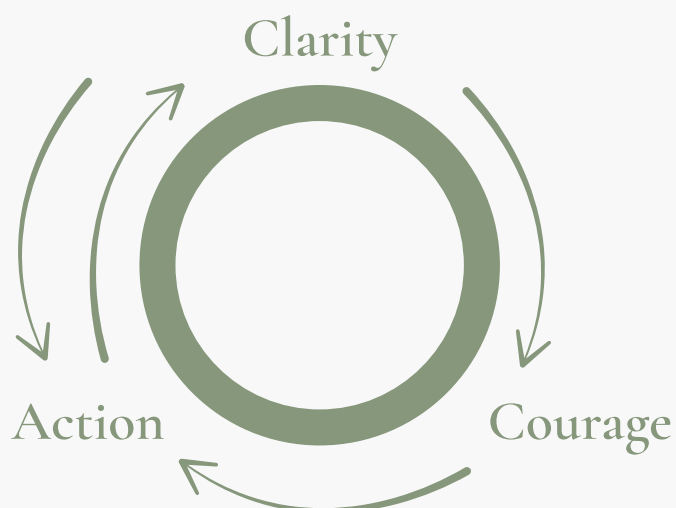
THE NEXT CHAPTER FRAMEWORK

It's taken me many years, but I've finally created a framework for how I work with people to help them through change. These elements can help in any kind of change, whether it's one you are in control of or one you are not.

The 3 key elements of Change are:

Clarity – Courage – Action.

These do not need to follow each other. For example, for some, you can go straight from Clarity to taking Action. For others, you know what you want; you already have clarity, but don't know how to take action. Or you might need to discover what is getting in the way of taking action, which is in the Courage element.



CLARITY

In this workbook, the focus is on:

CLARITY = What do I want now?

Unless we know what we want, it's difficult to take the right steps to get unstuck and move forward. So the first important step is getting clarity on what it is you want in life from here on in.

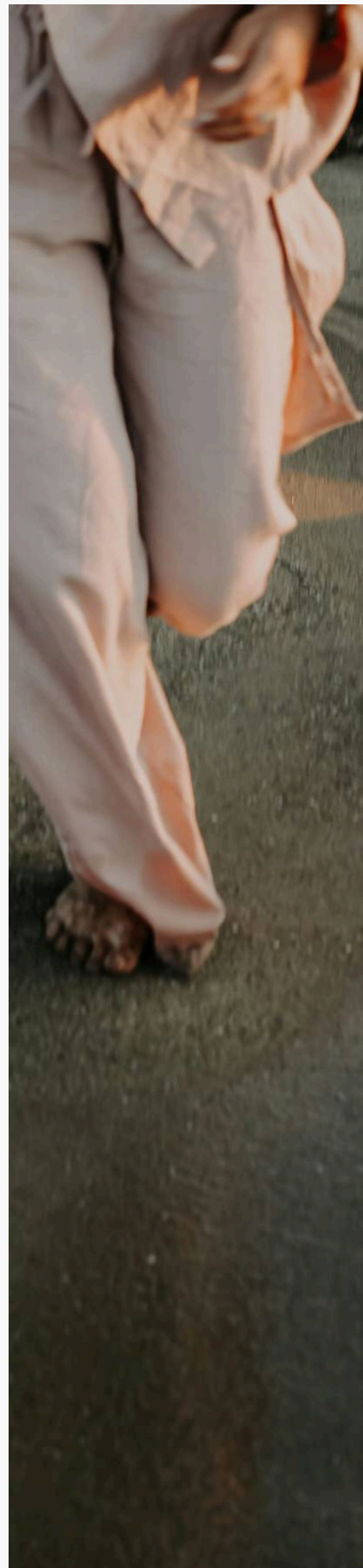
Clarity involves discovering:

- a) Where you are right now
- b) What you love
- c) What you are good at
- d) What's important to you
- e) What will make you happy

All of these are about discovering what would create meaning and purpose in your life.

On the next pages are some questions to get you started on your journey. Some of the questions might not be relevant for your situation, so skip those ones. Take some time for you to complete this.

You don't have to answer everything, and you don't have to answer it all today. Start with the question that feels easiest.





1. Write down where you are at in life right now and how you got there.

You might say, “I know where I am at,” but writing helps you get your thoughts out of your head and onto paper. By writing your story, you might find new insights arise.

“Life is either a daring adventure or nothing at all.”

— Helen Keller



2. Write what you don't want now.

Change is a constant part of life that helps us grow, learn, and move forward



3. Write what are some things you know you want.

Include areas relevant to you for example career, family, relationships, wealth and health.

What you're searching for is not out there; it's in you.



4. Ask yourself in step 3 **WHY** each of these is important to you.
If the Why isn't strong enough, then maybe you don't really want it.

You can't drive forward looking in the rear view mirror.



5. What is it you're doing when you have a smile on your face and really enjoying life?

6. Check – are you comparing yourself to others? To friends or family?
If so is that helping or hindering you?

We suffer more in imagination than in reality.”

— Seneca



7. Think about the things you might be stressing about. Write down the things that are in your control and those out of your control.

8. a) What are you losing with this change?

b) What are you gaining?

“If you don't like something, change it. If you can't change it, change your attitude.”

— Maya Angelou



9. Think about the area that is changing for you: what do you want to hang on to no matter what?

10. What would you do if you couldn't fail?

“Inaction breeds fear and doubt, taking action breeds confidence and courage.”

— Dale Carnegie

For the next week:

- Write down when you notice you are smiling or enjoying something
- Begin a list of things you are good at. Might be something physical like gardening or baking. Could be your type of intelligence like being analytical or great with numbers. Or it might be with people, your ability to communicate and be articulate.
- Notice your thoughts. Are there too many thoughts that aren't helpful and are draining you?

“Continuous effort
- not strength or intelligence -
is the key to unlocking our potential.”
- Winston Churchill



You did it!

Take a breath. Sitting down and asking yourself these questions takes more courage than most people realise.

You might have a few clear answers now. You might have more questions than when you started. Both are exactly where you're meant to be.

Clarity is the first step in The Next Chapter framework. Once you know what you want, the next question is usually, "So what's stopping me?" That's where Courage comes in, and it's often where the real shifts happen.

Your next step

I'd love to hear how you went. Reply to the email this workbook came in and tell me your answer to question 10: what would you do if you couldn't fail? I read every reply personally.

You don't have to have it all figured out. You just need to take one step in the direction of what you think you want.

I've been there. I've learnt from it.
And I'll walk alongside you.

Warmly,
Allison x
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