#### **Gaining Clarity in Your Life**

#### **WORKSHEET**

If you could change 3 things about your life right now what would that be?
What are you tolerating/putting up with?

What do you want MORE of in your life? (make a list)
Have any variable 2 of them into variable winds and 2
How can you add 2 of them into your life right now?

What do you want LESS of in your life? (make a list)
How can you get rid of 2 of those right now?

What's one change you could make to your lifestyle that would give you more balance?
What do you love doing? What brings you joy? This doesn't have to be career focused
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What would you absolutely love to do to support yourself financially?
When you die, what do you want people to say about you?

What do you want your life to have been about?
Who do you want to BE in this life? How do you want to show up?

What are three of your greatest strengths?
What is going great in your life right now? What do you have to be grateful for?

Who in your life should be acknowledged more?
What's one way you could have more fun in your life?
What's one thing you could do to give yourself more peace financially?
What's one way to get more energy into your life?

What is one thing you could do to improve a particular relationship in your life?
What are three actions you could take <i>THIS WEEK</i> that would move you forward?
If you were your own coach, what advice would you give yourself right now?

What's your favorite way of sabotaging yourself, and your goals?
What's can you do to prevent this happening with the changes you currently want to make?
Where can you get support and encouragement from?

What are you most excited about now? What are you looking forward to?	
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WELL DONE!!! Now share with the group on the Facebook page some of the key clarity points that you got from completing this.