

THE CLARITY SNAPSHOT – 10-Minute Reset



Use this when you feel stuck, overwhelmed or unsure what to focus on next.

1. What is going well right now?

(List 3–5 things — big or small)

- _____
- _____
- _____

2. What feels off, draining or frustrating?

(Be honest – this is where clarity starts)

- _____
- _____
- _____

3. What do I want more of?

(Think: energy, time, meaning, money, freedom, etc.)

- _____
- _____
- _____

4. What am I currently tolerating?

(Things you know aren't right but haven't changed yet)

- _____
- _____
- _____

5. If nothing changed in 6 months, how would I feel?

- Fine
- Slightly uncomfortable
- Frustrated
- Stuck
- Completely fed up

(Circle or tick one – go with your gut)

6. What is the ONE thing that would make the biggest difference right now?

7. What is one small step I can take this week?

Optional – but powerful:

What might get in the way – and how will I handle it?

Your Reset in One Sentence – finish this sentence:

Right now, I need to focus on: _____

Remember: If you got even a small moment of clarity, that is your starting point.

This tool is for reflection and clarity – it is not a substitute for professional advice or a guarantee of outcomes. Trust your judgment and seek additional support where needed.