

# #15 — THE STAY OR GO CLARITY CHECK

*Five questions to reveal whether you're holding on... or holding yourself back.*

Staying can be strength.

Leaving can be strength.

The wisdom is knowing which one is right for *you* —  
not for your history, your fear, or your guilt.

Use this guide when you feel torn, conflicted, exhausted, hopeful, or unsure what's actually  
best for your future.

## 1. If nothing changed here, would I still want to stay?

Hope imagines change.

Clarity looks at what *is*.

Your answer is already telling you the truth.

Your thoughts: \_\_\_\_\_

## 2. Am I staying because it's healthy... or because it's familiar?

Familiarity feels comforting —

right up until it starts costing your self-respect.

Your thoughts: \_\_\_\_\_

## 3. Does this connection bring out the version of me I'm becoming... or the one I'm trying to outgrow?

Who you are around them tells you everything.

Your thoughts: \_\_\_\_\_

## 4. Have I been trying to fix what isn't mine to fix?

You can water a dead plant forever.

It doesn't make it alive.

Your thoughts: \_\_\_\_\_

## 5. If someone I loved were living this same reality, what would I beg them to choose?

Clarity becomes undeniable when you remove your own attachment from the equation.

Your thoughts: \_\_\_\_\_

## **FINAL REMINDER:**

Letting go isn't giving up —  
it's choosing not to abandon yourself for one more season.  
And staying isn't weakness when it's aligned with your truth.  
Only *you* can feel the difference.