

#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.