

THE BETTER BY INTENT MICRO-GUIDE

How to Use These Worksheets for Real Change

These pages aren't homework — they're invitations to pause, notice, and tell yourself the truth without pressure. Use them gently and honestly; small insights create big shifts. Don't forget to grab a cover too!

1. Choose the worksheet that matches what you feel right now.

You don't need to pick the "right" one — your state will guide you.

Overwhelmed → Emotional tools • Stuck → Motivation • Looping → Overthinking Breaker • Confused → Cause→Effect • Unsteady → Future Self • Stretched → Boundaries/Self-Respect.
Let the moment choose for you.

2. Write slowly — the power is in the pause.

A few honest sentences reveal more than a full page written in a rush. These sheets work because they create space between what you feel and what you choose next.

3. Be honest, not perfect.

No one sees these pages but you. You're not being graded. The moment you write what's real, the old pattern begins to break. Truth moves the needle more than effort.

4. Don't try to fix everything — just find the next aligned step.

Every worksheet funnels toward one idea:

What will I choose next?

You don't need a full plan; you need direction. One aligned step is enough to shift momentum.

5. Revisit pages — your answers will evolve as you do.

These worksheets become snapshots of your growth. Return to them — your clarity deepens, your patterns become obvious, and your choices get stronger without forcing it.

6. Make this workbook yours.

Print only what you need. Repeat any page. Mix and match. Bind them or keep them loose. Tape one to a mirror or tuck one in a journal. This is your clarity journey — design it your way.

★ FINAL NOTE

These worksheets aren't about productivity. They're about peace, self-respect, and intentional living. One honest page at a time, you're building a life you no longer have to recover from.