



Clarity Breakthrough Worksheet

Unlock Your Potential in 3 Simple Steps

Step 1: Identify Your Obstacles

Write down one challenge you're currently facing in your personal or professional life. Be specific.

Example: "I feel stuck in my career because I'm unsure of my next step."

Step 2: Reframe Your Perspective

Ask yourself these questions:

- What might this challenge be teaching me?
- How can I turn this obstacle into an opportunity?
- What small action can I take right now to move forward?

Step 3: Define Your Next Step

Set one clear and achievable action you'll take within the next 24 hours to address this challenge.

Example: "Research 3 roles aligned with my skills and passions."

How to Use This Tool:

1. Download the worksheet (PDF) for a guided, fillable version or grab your journal/notebook.
2. Complete these steps whenever you feel stuck or need clarity.
3. Track your progress and celebrate small wins!

Want to go deeper? Book a complimentary Break-Through Session for personalised coaching and strategies by completing this short form:

<https://forms.gle/sitUPqaEFggR8yU6>

