

THE 3-DAY CLARITY *Guide*

**3 Days to Pause, Get Honest and
Get Clear About Where You Are
and Where You Are Going**



BEFORE YOU BEGIN

Sometimes the hardest part of moving forward isn't knowing how to make a change. It's getting clear about what needs to change in the first place.

- Maybe you've outgrown something that once worked for you.
- Maybe you have several ideas competing for your attention.
- Maybe you know you want something different, but you haven't been able to put your finger on exactly what "different" looks like.
- Or maybe life has simply gotten so busy that you haven't had the space to ask yourself what you actually want next.

That's what these three days are for. **The 3-Day Clarity Guide** gives you permission to step away from the noise long enough to think honestly about three things



Where am I now?



Where do I want to go?



What needs my attention next?



Let's begin.

You don't have to figure out your entire life in three days. You just need to get clear enough to take the next step.

Grab a notebook, open your notes app, or use the space provided in this guide.

Don't look for the "right" answers. Look for your honest ones.

YOUR 3-DAY PATH TO CLARITY

Here's what we'll uncover together:

DAY
1



WHERE ARE YOU NOW?

Get honest about your current reality so you can create a meaningful path forward.

DAY
2



WHERE DO YOU WANT TO GO?

Give yourself permission to imagine the destination and define what truly matters to you.

DAY
3



WHAT'S YOUR NEXT MOVE?

Turn your clarity into focused action and identify the next right step.



Clarity is a start.

A Pathway is What Gets You There.

Once you have the clarity, we can begin to build the path.

Day 1

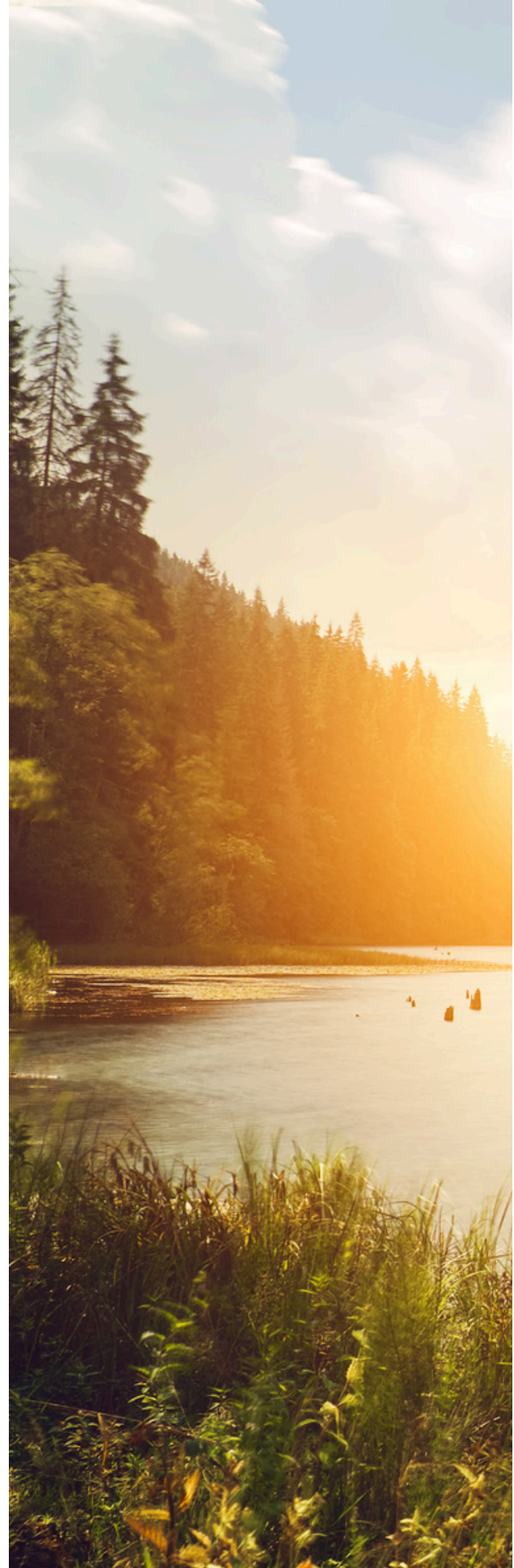
WHERE ARE YOU NOW?

You can't create a meaningful path forward without being honest about your starting point.

We spend a lot of time thinking about where we're trying to go.

- The new career.
- The business.
- The healthier lifestyle.
- The relationship.
- The financial goal.
- The next version of yourself.

But before deciding what comes next, it's important to understand what's happening right now. Today isn't about judging your life. It's about noticing it.



Your Current Reality

Take a few minutes and think about the major areas of your life.

What is working well for you right now?

What isn't working anymore?

What currently takes more energy from you than you believe it should?

What have you been tolerating that you know needs to change?



You can't move forward from a place
you refuse to acknowledge

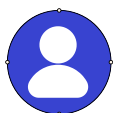


What keeps coming back?

Clarity isn't always about discovering something completely new. It can be finally paying attention to something that has been trying to get your attention for a while.

What idea, desire, concern, goal or change keeps resurfacing for you?

Why do you think you haven't acted on it yet?



THE ONE-SENTENCE CHECK-IN

Finish this sentence without overthinking it. Right now, I feel

because



YOUR DAY 1 TAKEAWAY

Finish this sentence.

I am becoming aware that

Keep that thought with you.

Tomorrow, we're going to shift our attention from where you are to where you actually want to go.

Day 2

WHERE DO YOU WANT TO GO?

Before you build the plan, give yourself permission to imagine the destination.

Yesterday was about reality.

Today is about possibility.

Today, we're temporarily removing the question:

"But how would I actually do that?"

There will be time for logistics later.
Right now, we're looking for direction.





IF NOTHING HAD TO STAY THE SAME...

Imagine yourself a year from now. Something has changed. Maybe several things have changed. You feel more aligned with the life you're living.

What does your life look like?

What are you doing differently?

How do you spend your time?

What are you no longer making room for?



Clarity comes when you stop living for everyone else and start living for yourself.

What do you want more of?

Choose any that resonate with you,

- | | |
|---|--|
| ☐ Freedom | ☐ Purpose |
| ☐ Financial Stability | ☐ Creativity |
| ☐ Confidence | ☐ Peace |
| ☐ Flexibility | ☐ Health & Wellness |
| ☐ Entrepreneurship | ☐ Stronger Relationships |
| ☐ Adventure | ☐ Travel |
| ☐ Rest | ☐ Something Else _____ |

Choose the top 3 from the list above that matter most to you right now.

1 _____

2 _____

3 _____

Your Day 2 Takeaway

Complete the sentence.

What I really want in this next season of my life is

It matters to me because _____

That's your direction.

Tomorrow, we're going to begin turning that direction into movement.

Day 3

WHAT'S YOUR NEXT MOVE?



Clarity becomes powerful when you do something with it.

You now have two important pieces of information.

1. You have looked honestly at where you are.
2. You've allowed yourself to think intentionally about where you want to go.

Today isn't about creating a 47-step master plan. It's about identifying what deserves your attention next.





Look for the Gap

Return to your Day 1 and Day 2 responses. Compare them.

What is the biggest difference between the life you're experiencing now and the life you described wanting?

What change would make the greatest positive difference right now?



CHOOSE YOUR PRIORITY You may have identified several things you want to change. That's normal. But everything doesn't have to become a priority at the same time.

If you could make meaningful progress in one area over the next 30–90 days, which area would have the greatest impact?



My priority is:

! What's In My Way?

What has prevented you from moving forward before now?

☐ I don't know where to begin.

☐ I don't have enough time.

☐ I have too many ideas.

☐ I don't have the resources.

☐ I'm afraid I'll make the wrong decision.

☐ Something Else _____

✓ My Next Right Step

What is one small action I can take in the next 7 days that moves me forward on my path?

★ Your Day 3 Takeaway

I commit to _____

by _____

You Did It!

What's Next?

You've taken the time to get honest about where you are, get clear about where you want to go, and identified what needs your attention next. Now, let's build the path between the two.

Ready to take the next step?

Return to Articulate Business Group to book your **Journey Mapping Session™** and begin creating a personalized pathway from where you are to where you want to be.

BOOK YOUR JOURNEY MAPPING SESSION™ →



Thank You!

FOR INVESTING IN YOU!

I am so proud of you for taking time to pause, reflect, and get clear about what matters most.

Clarity is a start.
The next step is choosing what you'll do with it.

You've got this!

I'm cheering you on! 

Amber B.

LET'S STAY CONNECTED



Contact me



Visit the website for resources
and next steps.



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