



# CLARITY WORKSHEET

Alexis Lenihan

# CLARITY

## C.A.R.E & Commit Framework

Clarity is essential in both personal development and high performance because it provides direction, motivation, and the framework needed for effective decision-making and aligned action.

Here are 5 big ideas to get started in deepening your own personal clarity:

## CORE VALUES

Core Values are deeply held beliefs that guide your decisions and actions. Just like a business has company values to ensure they stay aligned with what is important and that they continuously move in a direction that honours them, we must also understand our own core values and keep them at the forefront of our decisions and behaviours.

**Complete the following exercises and then look for a throughline to identify 3-5 core values.**

1. Reflect on moments when you felt the most proud, fulfilled and/or satisfied in your life. What were you doing? Who were you with? What values were you honouring in those moments?
2. Reflect on moments in your life that were you were genuinely upset, frustrated, hurt, or angry. What happened and what was the root cause of the negative emotion? Often, these emotions are triggered when your core values are challenged or disregarded.

\*

*SPACE FOR JOURNALING AT THE END*

# CLARITY

**My Core Values are:**

## ASSESS

Clarity comes from self-awareness; self-awareness comes from assessing and reflecting on your current thoughts, perspectives, biases, and behaviours.

Begin a daily and weekly assessment and reflection practice. Identify key areas in your life that you would like to improve upon or strengthen and measure your performance daily. Score yourself in 3-5 key areas every day by rating your actions on a scale of 1-10. Do not judge, simply observe. At the end of the week, reflect back on your scores to identify triggers, lessons and situations that helped or hurt your performance. Make a plan for the week ahead based on your observations.

**My key areas for assessment and reflection are...**

1

2

3

4

5

## RECORD POSITIVE EXPERIENCES

Become more aware of the activities, people, experiences, sensations, conversations, and environments that elicit positive feelings and energy.

Start to track and record positive experiences in your week. This exercise helps you to better understand the activities that bring you joy and shift your energy in a positive way. Simply record the experience in a notebook or journal.

## EDUCATE

Ask yourself, what skills do I need to develop in order to grow and thrive? Consider both hard and soft skills across all life domains - personal and professional.

Make a list of the skills and how you can develop them (ie. read books on the topic, take an online course, hire a coach or professional, obtain a necessary licence or certification, etc)

## COMMIT

Make a commitment to DEPTH.

Commit to going deeper in the key areas of your life! Go DEEP in your important relationships, your health journey, your passions, your spirituality and anywhere that you want to improve.

Commit to having the tough conversations, doing the work, and staying consistent. Identify potential distractions or roadblocks that may get in the way, and have a plan so that you can commit with intention and clarity.

## CLARITY

## Notes

[illegible]

## CLARITY

## Notes

[illegible]

## CLARITY

## Notes

[illegible]