



Elder Tree Coaching

The Clarity & Direction Reset

A Two-Page Coaching Guide for When You Feel Stuck

Sometimes the problem isn't that you don't know what to do. It's that your mind is too crowded to hear yourself.

This guide is designed to help you return to center and take one honest step forward.

Step One: Name the Moment (1 minute)

Right now, I feel _____.

Step Two: Separate What's Yours (2 minutes)

What part of this is actually mine to carry today?

What part belongs to fear, the past, or someone else's expectations?

Step Three: The Direction Question (3 minutes)

If I trusted my own wisdom, what would I do next?

Step Four: Choose One Grounding Action (5 minutes)

Circle one action you can take today:

- Drink water
- Step outside for three slow breaths
- Write the next email / make the next call
- Clean one small space
- Cancel one unnecessary obligation
- Sit quietly with a hand on your chest
- Do the next right thing, slowly

Then do it before your mind argues.

Step Five: Closing Anchor

I do not need to solve my whole life today.

I only need one clear step.

Clarity returns when I return to myself.

Support Beyond the Page

If you'd like gentle guidance and clear direction, I offer:

Clarity & Direction Toolkit

Clarity & Direction Sessions — 60 minutes, grounded and focused

7-Day Email Coaching

Offered through Elder Tree Coaching.com ([Clarity and Direction](#))