

CREATOR OF

# ONE TRUE THING ACTIVATION™

*Clarity. Courage. Commitment.*

[www.michelesands.ca](http://www.michelesands.ca)



## One True Thing Activation™ Clarity Guide

**Welcome, Beautiful Soul.** If you've found your way to the **One True Thing Activation™ Clarity Guide** a part of you is asking for a moment to pause and reconnect. Your One True Thing has been nudging you, waiting for space to be heard. This is your invitation to breathe, listen, and let clarity unfold without rushing or pressure. The One Thing that if focused on would transform everything in your life.

### Steps to Your One True Thing

#### 1. Reflect

- Pause and notice what feels most important right now.
- List the things that keep tugging at your attention.

#### 2. Choose Your Top Three

- From your list, circle the three that feel strongest in your heart today.

#### 3. Pick the One True Thing

- Choose the single thing that would make the biggest difference, now!
- And WHY it matters now

#### 4. Activate!

- Take one small step toward it today.
- Keep moving with steady, gentle action.

### Benefits of Using The One True Thing Activation™ Clarity Guide

- **Increased Focus:** By knowing what truly matters to you, distractions are minimized, and focus is heightened.
1. **Enhanced Decision-Making:** Clear values and goals make it easier to make decisions that are in alignment with your true self.
  - **Greater Fulfillment:** Living in accordance with your core values leads to a more satisfying and meaningful life.

## Tips for Success

- **Stay Committed:** Consistency is key. Make the Clarity Guide a part of your daily or weekly routine.
- **Be Patient:** Gaining clarity is a journey, not a destination. Give yourself grace as you navigate this process.
- **Seek Support:** Share your journey with trusted friends or mentors who can offer support and accountability.

By following this guide, you can activate your One True Thing and live a life that is guided by clarity and purpose.

### Reflection. What matters most to you right now?

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Right now, I feel most drained by:

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Right now, I feel most alive when:

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The area of my life asking for the most attention is:

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If nothing changed for 6 months, I would feel:

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What most matters to me right now: Pick 3 - 5 things.  
(could be health, career, finances, relationships)

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**Choose Top 3:**

1.

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2.

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3.

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**Pick The One True Thing! There are no right answers**

My One True Thing is: (Mine is Optimal Health) What's yours?

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My WHY:

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Why now:

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**Activate!**

What is one thing I can do today to Activate?

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Who can help me?

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What is the one  
thing, habit I can  
implement daily?

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