

## Clarity Crash Course

Amanda Maree Wright
Women's Health Coach

### Welcome Beauty!

CLARITY...

THE QUALITY OR STATE OF BEING CLEAR: LUCIDITY

CLARITY CAN ALSO BE FEEL LIKE A QUAGMIRE AND A CONFUSING PERSUIT TO EMBARK UPON.

BUT ONCE YOU HAVE CLARITY, AND KNOW HOW TO ATTAIN IT,
YOU WILL FEEL ALMOST UNSTOPPABLE.

THERE IS A CATCH, YOU MUST BE PREPARED TO BE TRULY
HONEST WITH YOURSELF, TO DIG DEEP AND
ALLOW YOURSELF TO DO THE WORK.
YES, HONESTY CAN BE BRUTAL,
ESPECIALLY WHEN YOU'RE NOT HOLDING BACK, SO,
IF YOU START TO FEEL A LITTLE FEARFUL,
REMEMBER THAT FEAR LOVES AVOIDANCE &
YOU DOWNLOADED THIS CRASH COURSE
FOR A REASON.

I PROMISE THAT YOU WILL GAIN ABSOLUTE
CLARITY ON WHAT IT IS YOU WANT AND THE
FLOW ON EFFECT ON HOW IT IS YOU'LL GET IT,
IF YOU'RE WILLING TO DO THE WORK.

PLEASE TAKE YOUR TIME, GO THROUGH THE WORKSHEETS.

IF YOU FEEL UNCOMFORTABLE IN PARTS,

IT MAY MEAN THAT THERE IS MORE TO WHAT

YOU'RE FEELING THAT YOU'RE NOT YET SURE ABOUT

AND THAT IS OK!

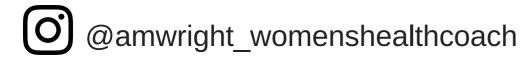
JUST SIT ON IT A WHILE AND OBSERVE WHATEVER IT

IS THAT COMES UP FOR YOU, WITHOUT JUDGEMENT,

REMEMBER, YOU HAVE TOTALLY GOT THIS!

 $\times$ 

AMANDA MAREE



"Her clarity gave her purpose and her purpose gave her clarity"

Jonathan Stroud

If time and money were of no concern, how would you spend your days, weeks, months?

WHAT WOULD THAT LOOK LIKE? WHAT DOES THAT FEEL LIKE? WHERE ARE YOU? WHO ARE YOU WITH?

# List 5 goals you have for yourself/family/business/work & life right now.

life right now.

What 3 words would you choose to
best describe how you would feel, if
you were to achieve these 5 goals?
Don't be afraid. Really feel it! Go fo it! You may want to and look up the definitions or go through a thesaurus to find the perfect feeling word.

"Clarity is power the more clear you are about EXACTLY what it is you want, the more your brain knows how to get there"

unknown

# How would achieving this goal affect your life/you/family/work?

Close your eyes and visualise it . What does it look like? Who are you with? What are you doing? Where are you?

### How would you feel if you didn't reach this dream or goal?

Let yourse	If fee	it
------------	--------	----

Let yoursell leel it

Go back to your 5 goals and dreams. Choose the 1 that resonates the most for you right now. The one you want to focus on achieving and write it down.

Don't overthink it, just go with where you're led.

#### Brainstorm.

How are you going to achieve this goal or dream?

What things could get in your way?

How will you work around those curve balls that have the potential to throw you off track of reaching your goal?

eg: sickness (you or your children)

time management/setting boundaries etc.

anno managomena octang boardance etc.

"Clarity creates simplicity"

Danielle LaPorte

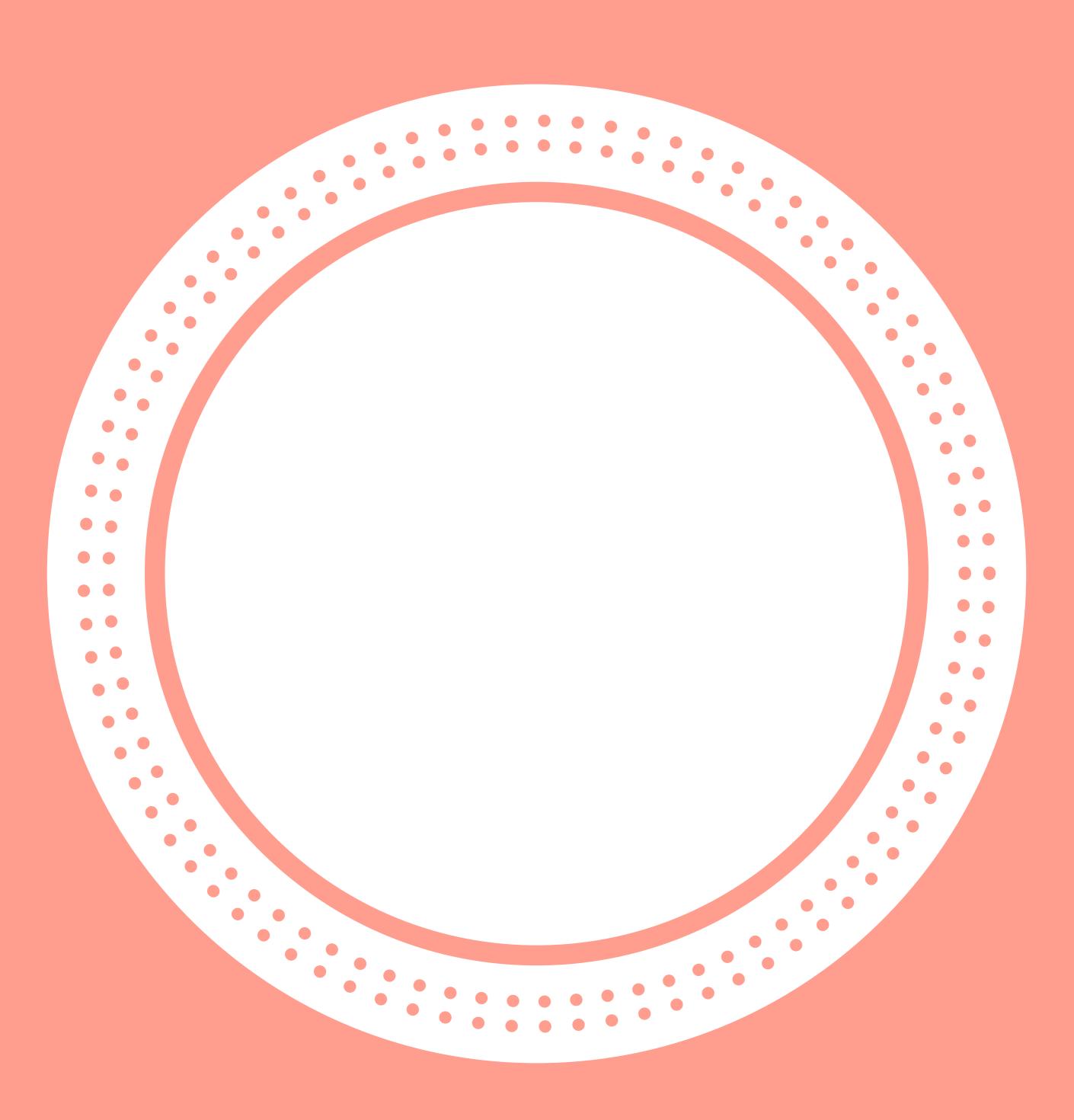
Write your chosen goal or dream in one of the circles below.

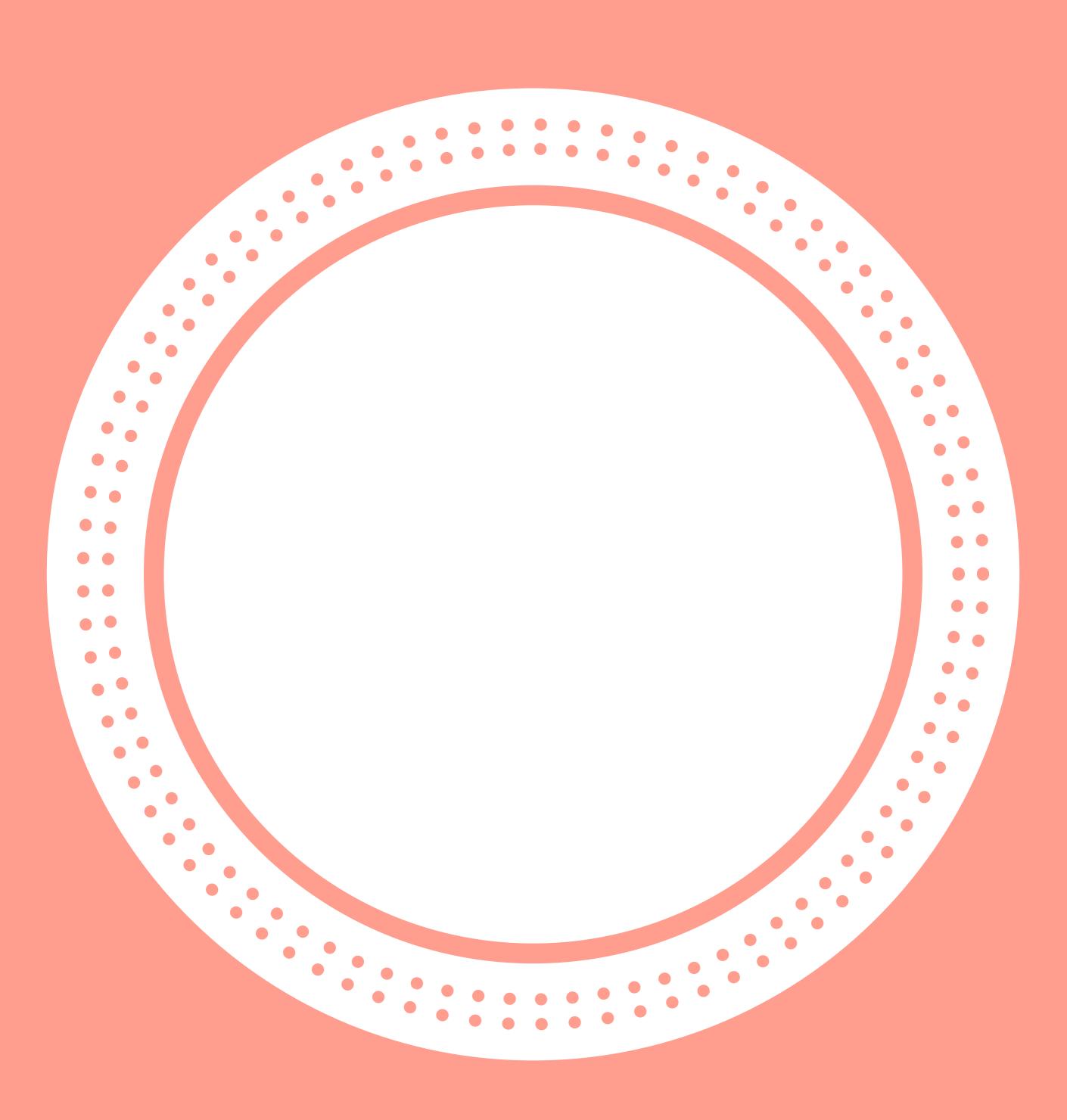
Do the same with your 3 feeling words.

In the last circle, write out some of your action steps that you discovered during your brainstorming session

Cut them out and pin them up where you will be inspired and remain in a state of clarity so you will reach your goal and dream in no time.







"When you have clarity of intention, the universe conspires with you to make it happen"

Fabrianna Fredrickson