



# Clarity Crash Course

by

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!

XO

AMANDA MARFF

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@amwright\_womenshealthcoach

[www.amandamareewright.com](http://www.amandamareewright.com)

"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?



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 yourself feel 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.

"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.









