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THE CLARITY TOOL

1. CURRENT STATUS (The Truth)

Write down where you are in the areas of your life that matter the most to you.
When you're dirt honest with yourself, what do you really want?

Where are you with your health?

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Where are you with your relationships?

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Where are you with anything else that is of importance to you

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7 Levels Deep: Where Do You Wish to Be and Finding Your Why?

What is important to you about achieving your health goal? Once you get an answer, then ask, well, why is this important to me...and again after you answer that, ask again... until you get 7 levels deep.

Level 1: Why is this important to you?

Level 2: Why is this important to you?

Level 3: Why is this important to you?

Level 4: Why is this important to you?

Level 5: Why is this important to you?

Level 6; Why is this important to you?

Level 7: Specifically, why is this important to you?



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4. CAPABILITIES:

Here is where we define and make this future identity an achievable reality! What new capabilities will you need to achieve this vision? What are habits of someone who is already there

Define the characteristics and behaviors of someone who is already there. What can you picture yourself doing as a result of already being there. What are your daily habits that are already automatic and that support your effortless maintenance of this new level of being?

What new habits support your ongoing progress to achieving your goals? How do they make you feel when you stick to them? :

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What might get in my way of establishing these new habits? Identifying obstacles in advance will bring them into your awareness so you can develop strategies to get through them. You can leverage the Clarity Exercise to reconnect with your vision and why to create the energy and drive to override the default patterns that keep you from developing new habits that get you to your goal.

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