

Personal Clarity

CHECKLIST

Use this simple checklist to make sure you don't miss any important steps in your journey!



STEP 1

Slow down.
Look & listen

- Wake Up
- Create a Morning Ritual

STEP 2

Reconnect with simple things

- Look at life through a new lens
- Be Child-Like
- Appreciation

STEP 3

Be. Do.
Have. Create.

- Morning writing
- Be. Do. Have. Create.
- My perfect day

STEP 4

Find time to hear yourself. Make time to find yourself.

- Be still
- And move
- Find your space

STEP 5

Create your Personal Vision

- Create a vision board
- Write about your vision

