

CLARITY & ACTION FRAMEWORK

Welcome to your personalized journey of self-discovery and alignment. This worksheet is designed to help you uncover your core truths, clarify your direction, and align your daily practices with your true self. Let's begin this transformative process, ensuring that your routines, habits, and rhythms are in harmony with who you are at your core.

Step 1: How to Discover Your Core Truths

Begin by setting aside intentional time for reflection. Consider the following question:

What 4 things have always been true about you?

Think back to your earliest memories and throughout your life. Identify qualities or values that have consistently appeared. These core truths may have manifested differently at various points in your life, but they are uniquely and consistently you.

- **Core Truth 1:** What is a quality or value that has always been present?
- **Core Truth 2:** What has consistently driven your actions and decisions?
- **Core Truth 3:** What value do you hold that remains unchanging?
- **Core Truth 4:** What aspect of yourself do you recognize as fundamentally you?

Step 2: Clarify Your Direction

With your core truths in mind, ask yourself these two profound questions:

1. **Who do I want to be?**
2. **What do I want to do?**

These questions are crucial in evaluating both your inner (identity) and outer (action) goals. Reflect on:

- **Who do I want to be?** Consider the kind of person you aspire to become, aligning with your values and truths.
- **What do I want to do?** Identify actions and pursuits that resonate with your core self and desired identity.

Step 3: Create Your Alignment Statement

The final step is to connect your core truths and clarified direction with your daily practices. Use the following framework to create your personal alignment statement:

Because I am _____ (core value), I will _____ (new routine), to the end that _____ (outward aligned expression).

- **Because I am (core value)...** Identify a core truth or value.
- **I will (new routine)...** Determine a new habit or routine that supports this value.
- **To the end that (aligned outward expression)...** Describe the positive outcome or expression this alignment aims to achieve.

Take the time to thoughtfully complete these steps, crafting an alignment statement that serves as a guiding star for your daily life. This process will help you live authentically, ensuring that your actions and choices are in harmony with your true self.