

FIVE QUICK STEPS TO CLARITY

Finding the level of clarity you need for making good decisions and taking the most appropriate right action in any area of your life doesn't have to be difficult. In many cases you will find that the answers you're looking for are already forming somewhere in your mind. You simply need to get more honest with yourself and be intentional about finding your answers. Here are five quick steps that can help bring out your inner truth for the level of clarity you need or desire.

IMPORTANT REMINDER

Clarity doesn't have to come all at once,
so there's no need to rush or force this process.

Your answers will naturally unfold in stages as you take one step at a time.

STEP 1

Be specific about *where* and *why* you want greater clarity. Then name your point(s) of confusion or what has you feeling stuck. This becomes the target area for your intentional focus. The more specific you are right here in the first step, the more quickly you can find your answers.

Complete the two statements below several times, each time using slightly different words until you feel satisfied with your answers. Write them out so you can actually see what you're thinking. Say them out loud and pay attention to any inner responses you feel to the truthfulness and accuracy of your words.

"I want clarity about _____ so I can _____."

"What I'm confused or uncertain about is _____."

STEP 2

Do a little research. Gather in information that you think will help you see things more clearly. This might include:

- *Talking things over with a trusted friend, mentor, or coach*
- *Seeking other professional advice*
- *Typing key words into an internet search engine*
- *Writing out the pros and cons of your possible solutions*

At some point step away from your research. Go do something relaxing and fun to let your mind rest. Your best answers will often come when you're not even thinking about them.

STEP 3

Narrow your options. Based on the research you've done and the information you have gathered, see if you can name three or more possible ways to look at your target area now that you have more ideas in front of you. One way to consider your options is to say, "*If I do this, then _____.*"

As in Step 1, write this sentence out several times for every option you are considering, each time stating a different possible outcome.

STEP 4

Make a choice that matches your values. A choice that feels right in your heart or your gut is very likely a match with your true values, the things that are most important to you in life. A *values-match choice* is the only one that will truly support your higher good. If you're not at peace with your choice, give yourself permission to back up right now and go through the first three steps again. Take your time with this because your life is worth it; your happiness and future well-being are worth it.

STEP 5

Take action on your choice. Nothing new or better can happen in your life without action. If you have a clear sense of direction now but take no step forward, it's too easy to let yourself slip back into doubt, ambivalence, resistance, or procrastination. Decide what your first action step will be and do it! Next steps will be revealed as they are needed. If your new clarity needs no further action on your part, simply celebrate your clear mind and happy heart.

If after completing this five-step process you're still feeling confused, it's time to look a little deeper and take greater ownership of your confusion. That means being more honest with yourself about why you're not yet ready to make a new choice and act on it.

Ask yourself,

“What is my payoff for staying stuck?”

TRY THIS

Here is another question to ask yourself if you're still feeling stuck:

*What concept of myself or old belief about myself
am I using as a shield, a silent barricade to the truth?*