



## SESSION #2: THE CLARITY CHART

What we focus on and practice is what we become. After you've completed this worksheet, keep it next to your computer or workspace to **continually remind yourself of these things every day of your life**. Consider putting your 3 words in each category below as an alarm to appear on your phone multiple times a day, or set up some other system or habit where you continually refer to this sheet and remind yourself about who to be, how to interact with others, and what will make you successful in life. A life of intentionality is a life well lived.

### SELF

**3 words** that will now define the best of who I am and that will be used to guide my personal life, including my thoughts and actions, include...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

### INTERACTIONS

**3 words** that will now define and guide how I will engage and treat others whom I meet in life, including my loved ones and strangers, include...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

### SUCCESS MARKERS

**3 words** that will now remind me of what it is that made me the most successful and will make me successful even more include...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

\_\_\_\_\_

The reason I chose this word and that it is important to me is...

### SOMETHING WORTH FIGHTING FOR

My big WHY in life right now, something that is driving me that is worth my struggle and journey, something that is bigger than just me, something that I am willing to fight for (or love for) is... and the reason it's important to me is...