

Clarity Reset

A guided workbook for reconnecting with what feels true, relevant, and next



Welcome

There are times in life when things are not obviously falling apart — but they no longer feel fully right either.

You may be functioning. You may be coping. You may even be doing what you are “supposed” to be doing.

And yet something feels unclear, heavy, disconnected, or hard to move through.

This workbook is here to help you slow down, reflect honestly, and begin reconnecting with what is actually going on — and what may now need to shift.

How to use this workbook

- Complete it somewhere quiet
- Answer honestly rather than perfectly
- Return to sections more than once
- Notice what stands out rather than trying to “solve” everything immediately

The aim is not to force clarity. The aim is to create enough space for what is true to become more visible.

What this workbook will help you do

- More clarity about what no longer feels right
- More awareness of what may be underneath the surface
- A better sense of what matters most now
- More honesty about what may need to shift
- A clearer sense of what direction feels more true

Where to go from here

Book a Free Clarity Call

brighteningfutures.com/book-a-free-clarity-call

Explore Brightening Futures

brighteningfutures.com

Clarity does not always arrive all at once — but honest attention changes things.