

# Clarity Review

*A short guided reflection to help you make sense of what the quiz may have revealed*



## Welcome

If you've completed the Clarity Quiz, you may already have a rough sense that something in life feels unclear, unresolved, or in need of attention.

That recognition matters. But often, recognising that something is going on is only the first step.

The next step is beginning to make sense of it.

This short booklet is here to help you do that — not by forcing answers, but by helping you reflect a little more clearly on what may be underneath the surface and what may actually help next.

## How to use this booklet

- Complete it somewhere quiet
- Answer honestly rather than perfectly
- Notice what stands out rather than trying to “solve” everything
- Allow yourself to reflect rather than force clarity

You do not need to complete it all in one sitting. The aim is not to get everything figured out. The aim is to begin understanding your situation more clearly.

## What this will help you do

- More understanding of what the quiz may be pointing to
- A clearer sense of what may be underneath the surface
- A better sense of what matters most right now
- A more honest idea of what kind of next step may help















## Where to go from here

Book a Free Clarity Call

[brighteningfutures.com/book-a-free-clarity-call](https://brighteningfutures.com/book-a-free-clarity-call)

Explore Brightening Futures

[brighteningfutures.com](https://brighteningfutures.com)

You do not need to have everything figured out before taking your next step.