



Curated Coaching

L I F E C O A C H I N G



Clarity to Action

A simple, practical guide to aligned goals, mindset shifts, and steady progress.

Inside: clarity prompts, goal builder, daily routines, and a 7-day action plan you can start today.

How to use this guide

Set a 30-minute timer, then complete the exercises in order.

Step 1: Clarity Snapshot

Circle what deserves the most attention currently. Then pick one area to focus on this week.

	Area	Quick note
<input type="checkbox"/>	Energy	How you feel day to day (depleted, mentally drained)
<input type="checkbox"/>	Time	Where your time is going vs. where you want it to go
<input type="checkbox"/>	Work	Clarity, boundaries, and growth in your career/business
<input type="checkbox"/>	Relationships	Connection, communication, and support
<input type="checkbox"/>	Health	Movement, meals, stress, and sleep
<input type="checkbox"/>	Money	Spending, saving, debt, and peace around finances
<input type="checkbox"/>	Home	Your environment, routines and responsibilities
<input type="checkbox"/>	Self	Confidence, self-trust, and emotional well-being

Your focus area this week:

Step 2: Define what you want

Write a simple vision statement. Keep it specific and human. Example: "I want calm mornings, consistent movement, and relationships that feel safe and reciprocal."

My vision (1-2 sentences):

Aligned Goal Builder

Aligned goals match your values, your season, and your capacity. Use this page to turn your vision into one clear goal and a realistic plan.

Step 1: Choose 3 values driving this goal

Examples: peace, growth, freedom, stability, health, love, faith, creativity, community.

Value 1	Value 2	Value 3

Step 2: Write your goal in plain language

Make it measurable, but keep it simple.

My goal:

Step 3: Break it into milestones

Milestone	Due date	What "done" looks like
1		
2		
3		

Mindset shifts that keep you moving

- **Start small:** "I can take one step today" beats "I need to feel ready."
- **Choose consistency:** Small, repeated actions beat perfection.
- **Protect your focus:** You do not have to do it all - you choose what matters.
- **Hold the line:** Saying no protects your yes.

Daily routines that create momentum

Routines are small promises you keep with yourself. Pick one from each column and keep it simple.

Morning (5-10 min)	Midday (2-5 min)	Evening (5-10 min)
Write 3 priorities for today	One boundary check: what can I say no to?	Quick reflection: what worked today?
10 deep breaths + reset posture	Water + walk for 5 minutes	Plan tomorrow's first step
Read 1 page / 1 quote	Send 1 message you have been avoiding	Phone down 30 minutes before sleep

Reflection prompts

- What do I want more of this month?
- What have I outgrown?
- Where am I leaking time or energy?
- What boundary would make my life feel lighter?
- What is one step I can take in the next 24 hours?

7-day action plan

Commit to one small action per day. Keep it simple.

Day	Action (small and specific)
1	
2	
3	
4	
5	
6	
7	