

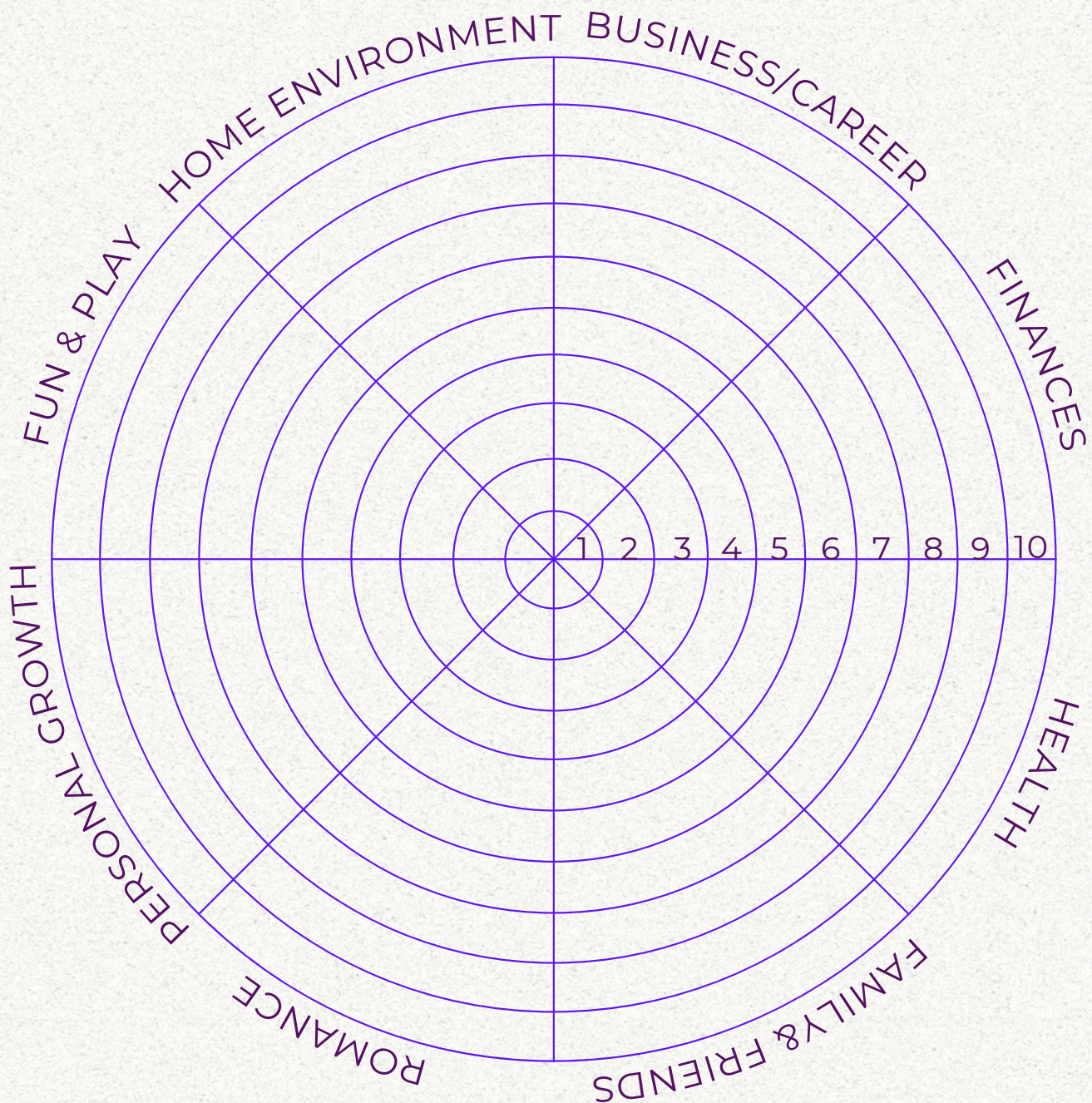


align

crystal clarity
tool

Clarity Wheel

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED, WHERE YOU ARE THRIVING AND WHERE MAY NEED SOME EXTRA LOVE AND ATTENTION. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10. COLOUR IN EACH SEGMENT UP TO THE NUMBER YOU SCORE IT.



Ten out of Ten

WHAT WOULD A 10/10 LOOK LIKE FOR YOU, FOR EACH OF THESE SEGMENTS?

Business/Career

Financial Health

Physical Health

Relationships with Family & Friends

Romance & Love Life

Personal Growth & Development

Fun, Play & Adventure

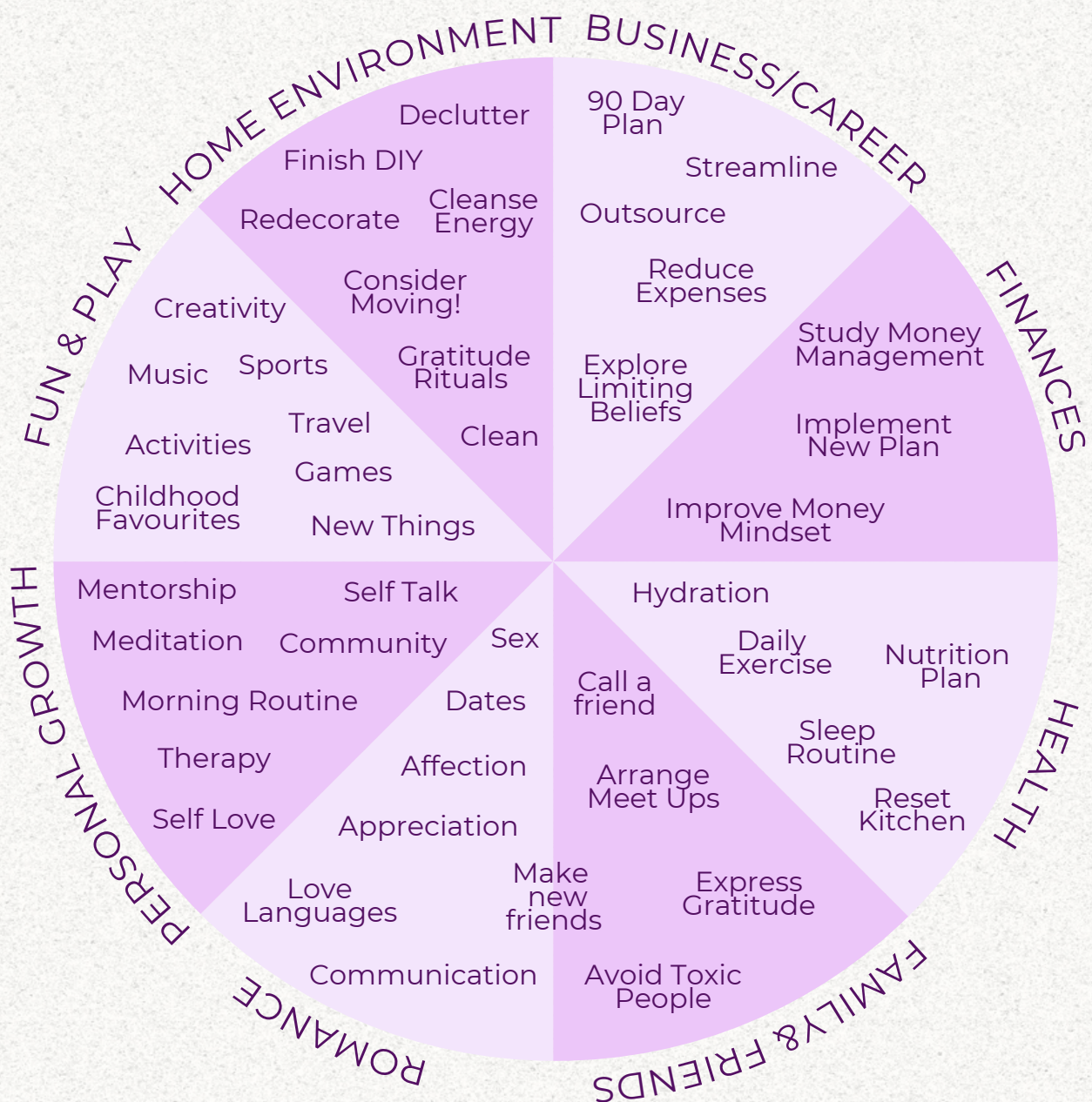
Physical Home Environment



to be completed in live session 1

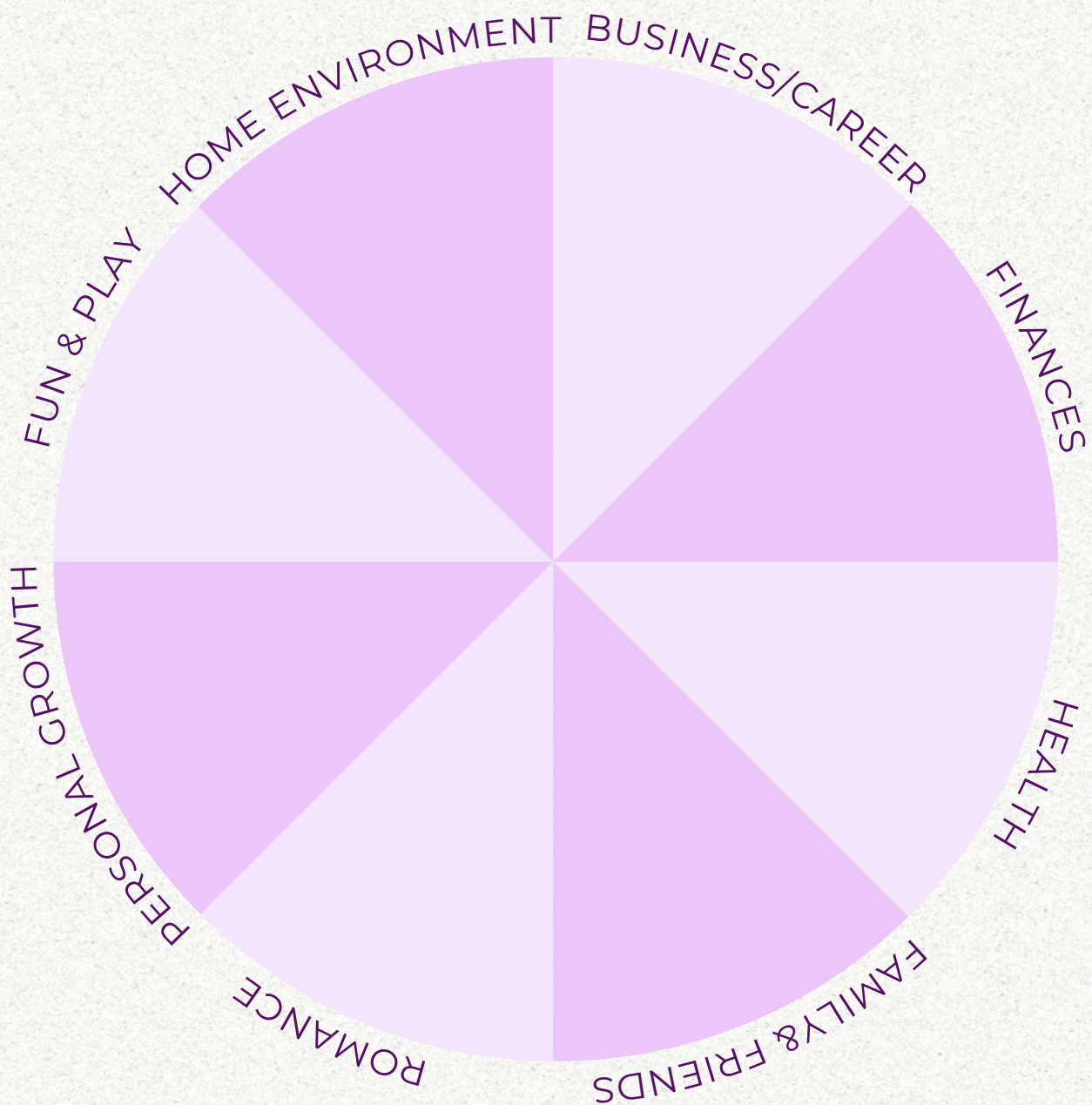
1. WHICH AREAS OF YOUR CLARITY WHEEL NEED THE MOST LOVE AND ATTENTION RIGHT NOW? WRITE IN THE SPACE BELOW.

2. STUDY THE SUGGESTIONS IN THIS CLARITY WHEEL



to be completed in live session 1

3. WHAT CAN YOU DO STARTING RIGHT NOW TO TOP UP YOUR SEGMENTS & BRING MORE BALANCE TO YOUR LIFE? ADD THE SUGGESTIONS ON THE PREVIOUS PAGE THAT FEEL BEST FOR YOU, OR ADD YOUR OWN:



Week 4: Creating New Beliefs

Lesson 2:
Identify Limiting Stories

Lesson 3:
Create New Stories

Business/
Career

Financial
Health

Physical
Health

Family
& Friends



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Romance

Personal
Growth

Fun
& Play

Home
Environ-
-ment



Week 4: Creating New Beliefs

1. Download Parrot App (or Easy Voice Recorder)
2. Record yourself reading your new stories (the things you wrote in the right hand column)
3. Listen to on loop for as much time as possible for 7 days!

You are ready to change your mindset and change your life. The time is NOW. Go ALL IN to this activity this week. Let the positive reprogramming commence!

