



THE

Clarity

Reset

WORKBOOK



Understand where you
are in life right now





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The Clarity Reset Workbook

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The Clarity Reset Workbook

Part 1 of The Becoming Series

Understand Where You Are, What's Misaligned, and What Needs to Change

Welcome

Most people don't need another goal.

They don't need another productivity system.

And they certainly don't need more pressure.

What they need is clarity.

Because when life feels overwhelming, confusing, or stuck, the problem is rarely a lack of effort.

More often, it's a lack of direction.

You can't build a meaningful future if you're unclear about your current reality.

That's why this workbook exists.

Before we focus on purpose, habits, or transformation, we need to understand where you are today.

This workbook will help you:

- Assess your current life honestly
- Identify what's working and what's not
- Discover areas that feel out of alignment

- Gain clarity on what needs your attention most

You don't need to fix everything.

You simply need to see things clearly.

Let's begin.

SECTION 1: YOUR LIFE CHECK-IN

How Do You Feel About Your Life Right Now?

Without overthinking, rate the following areas from 1–10.

Health & Wellbeing

____ / 10

Relationships

____ / 10

Career or Work

____ / 10

Finances

____ / 10

Personal Growth

____ / 10

Confidence & Self-Belief

____ / 10

Balance & Lifestyle

____ / 10

Sense of Purpose

____ / 10

Reflection

Which area scored highest?

Which area scored lowest?

What stands out most from these scores?

SECTION 2: WHAT'S WORKING?

Personal growth isn't only about fixing problems.

It's also about recognising what's already working.

Too often, we overlook our strengths because we're focused on what needs improvement.

Take a moment to acknowledge what is going well.

Answer the Following

What am I proud of right now?

What positive habits do I already have?

What areas of life currently feel healthy and aligned?

What strengths have helped me get this far?

Reflection

What do I want to continue building on?

SECTION 3: WHAT FEELS OUT OF ALIGNMENT?

Growth begins with honesty.

Not judgment.

Not criticism.

Honesty.

Consider the areas of your life that feel frustrating, draining, or disconnected.

Reflection Questions

What feels most difficult right now?

What have I been avoiding?

What keeps showing up as a recurring challenge?

Where do I feel stuck?

The Cost of Staying the Same

If nothing changed over the next 12 months, what would concern me most?

SECTION 4: YOUR CLARITY GAP

One of the biggest reasons people feel stuck is because there is a gap between their current reality and the life they want.

Let's identify that gap.

My Current Reality

Describe your life today:

My Desired Reality

Describe the life you want to create:

Reflection

What are the biggest differences between these two pictures?

SECTION 5: WHAT NEEDS YOUR ATTENTION MOST?

You do not need to improve everything at once.

In fact, trying to do that usually leads to overwhelm.

The goal is to identify your most important next step.

Choose ONE Area

If you could improve only one area of your life over the next 90 days, which would create the biggest positive impact?

- ☐ Health & Wellbeing
- ☐ Relationships
- ☐ Career or Work
- ☐ Finances
- ☐ Personal Growth
- ☐ Confidence
- ☐ Purpose & Direction
- ☐ Lifestyle & Balance

Why Did You Choose This Area?

SECTION 6: YOUR RESET COMMITMENT

Real change begins with a decision.

Not a perfect plan.

Not complete certainty.

A decision.

Complete This Statement

Over the next 30 days, I am committed to giving more attention to:

Because:

My First Small Action

What is one simple action I can take this week?

SECTION 7: YOUR NEXT CHAPTER

You do not need to have everything figured out today.

You do not need a five-year plan.

You simply need enough clarity to take the next step.

Today you've done something important:

You stopped.

You reflected.

You became more aware.

And awareness is where every meaningful change begins.

Clarity Summary

The area of my life that needs the most attention is:

The biggest insight I gained is:

My first action step is:

What's Next?

Part 2: The Values & Direction Workbook

Now that you have a clearer understanding of where you are, the next step is discovering what truly matters to you and creating a direction that feels aligned with the life you want to build.

Because clarity tells you where you are.

Direction helps you decide where to go.

Part of The Becoming Series

Step 1: Clarity

→ Understand your current reality

Step 2: Direction

→ Discover what matters most

Step 3: Momentum

→ Build habits that create lasting change