

CHECKLIST

Clarity

Gain Clarity with Small, Intentional Habits

How to use this checklist:

This printable checklist is your guide to practicing clarity each day. Use it to take small, meaningful steps toward responding with intention.

DAILY CLARITY HABITS	M	T	W	T	F	S	S
I took 5+ minutes for quiet reflection or journaling							
I removed or minimized distractions (phone, tablet, etc.)							
I paused to respond with clarity and calm							

ALIGNING WITH WHAT MATTERS	M	T	W	T	F	S	S
I asked, "Does this align with what matters?"							
I let go of something I can't control							
I chose simplicity over complexity							

End your week with by noticing shifts in awareness, what became clearer, and the choices that helped you stay aligned.

NOTICING YOUR PROGRESS
I reflected on what worked and what didn't
I noticed a shift in how I think or feel
I responded with more intention than usual

*Every small moment of clarity is progress.
Keep noticing, keep practicing with intention.*