

CLARITY[®]
PAGES

IT'S TIME TO GET CLEAR.

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CLARITY PAGES

Created with a purpose:

*To help you organize thoughts, ideas, goals and to-do lists
so you feel calm and clear about the day ahead.*

How we start and end our days should
make us feel at ease and in control.
Therefore, simplicity is key.

Clarity Pages is a 13-week journal that provides
a holistic approach to goal setting and personal accountability.

Why 13 weeks?

1. True habit formation takes up to 8 weeks.
2. Motivation behind goals is strongest in 2-3 month stretches.

What do you mean by holistic?

A well-rounded look at one's life (personal and professional).

Why pages?

The first edition of Clarity Pages was a "printable."
It's evolved into a bound journal, and the original name just stuck.

What's included:

Goal Getting
Goal Planning

Good Morning
Good Night
Welcome Weekend

Hello Week
Goodbye Week

You can find me at:

ClarityPages.com
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#CLARITYPAGES

HOW TO

SET GOALS YOU WILL GET

You will find Goal Getting at the beginning of your Clarity Pages so, each time you open your journal, your goals are front and center.

However, you will start with Goal Planning. Getting crystal clear about what you want is vital to your ability to go get it.

Goal Planning

Goal Planning is a self-facilitated brainstorming exercise. Use the space to write and draw in ways that make sense to you.

- What do you want in the short and long term?
- Why is this stuff important to you?
- What feels urgent? What is a must? What is a want or wish?
- What is connected to you health and wellness, work and professional life, finances, and family and relationships?

Goal Getting

You know what you want to accomplish, now you are going to create a road map to get there.

- What are the indications that will show you are making progress?
- What specific actions are you going to take?
- What decisions do you need to make?

Tips

- Carve out an hour or more for these two exercises.
- Create a distraction-free space where your mind can wander.
- Use different color pens and/or highlighters to organize your documented thoughts.

GOAL GETTING

Based on my Goal Planning, these are the goals I am ready to focus on for the next 13 weeks.

#1 _____

#2 _____

#3 _____

These are 2-3 benchmarks per goal that will indicate I am making progress.

Goal #1: Benchmarks

Goal #2: Benchmarks

Goal #3: Benchmarks

GOAL GETTING

These are **actions I will take**
to reach my progress benchmarks

Goal #1: Actions

Goal #2: Actions

Goal #3: Actions

These are **decisions I need to make**
before I can take action.

Goal #1: Decisions

Goal #2: Decisions

Goal #3: Decisions

TODAY

/ /

GOAL PLANNING

What do I want to do within 3-6 months?

Why is this stuff important to me?

What feels urgent vs. must happen vs. want to happen?

Mark H: health, W: work, M: money, F: family.

What do I want to do beyond 6 months?

Why is this stuff important to me?

What feels urgent vs. must happen vs. want to happen?

Mark H: health, W: work, M: money, F: family.

GOAL PLANNING

GOAL PLANNING

MONTH:

NOTES

TO DO

MONTH:

NOTES

TO DO

MONTH:

NOTES

TO DO
