

CLARITY - See life more clearly!

Here are some questions that will help you see things more clearly for yourself about your life. Make sure you print this and write the answers in as much detail as you can. Do not think the answers in your head, Do not type the answers. Write them using the ancient tools of a pen and paper!

Questions:

Answer these questions **honestly** and in as much **detail** as possible.

1. Who or what is holding you back the most right now, and how?
2. How much stress are you under right now, and what is causing the stress?
3. What are the ten things that you are tolerating most?
4. What about you makes your life work as well as it does?
5. Who are they key people in your life and what do they provide for you?
6. Is your life one of your choosing?
7. If not, which parts are not of your choosing?
8. Is your life on an upward or downward trend?

9. What about your day do you like most?

10. What about your day do you dislike the most?

Q. What else, if anything, do you feel is important to accomplish in order for your life to be fulfilled and complete?

Read the answers you have written.

Q. What are you realizing from this?

Q. What must you do not?