For change to happen, action is required. By making '*you*' a priority too and allowing yourself the time to really think about what your heart truly desires, what's important to you, along with the things you'd like to improve, change or achieve in your life, you are much more likely to succeed if you can clearly define what your wants, dreams and desires are!

Take this 'Clarity Quiz' to get clear about what you want and where to start, in 'Your Journey to Personal Transformation & Empowerment'. When you decide what you want your life & future to look like *and* can write that down, you can visualise it in your mind and bring it into your reality, with clarity, focus & clear direction!

Clarity Quiz

What things do you love doing and are passionate about on a personal level, that you do because you want to, not because you have to?

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If you could earn a living doing something you love what would you be doing?

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What is the outcome you want most in your life, be very specific…decide and describe the result you want in detail and what that looks and feels like on every level, physically, mentally, spiritually, emotionally & financially?

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What's important for you to improve or change in your life that will make you feel better about yourself and increase your happiness and fulfilment?

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What are the frustrations and challenges you face?

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Is there anything else that keeps coming up for you?

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Think about your goals and dreams and decide exactly what it is, that you want to achieve in your life in order of importance in the short and long term and how important each one is on a scale of 1 – 10?

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What obstacles are stopping you from achieving each one of these goals & dreams?

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What solutions can you find to overcome each obstacle?

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Write down your 'Bucket List' of absolutely everything you've ever wanted to do, learn or experience in this lifetime and start doing them & checking them off ☺

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