



# 5 Minute Clarity

Volume 1, Issue 2

**“Indecision is the thief of opportunity.” - Jim Rohn**

## YOUR NEW DIRECTION

Today, focus is lost. We as people in society at large are bombarded by so many choices, decisions, pressures, and demands on our time and life that it can leave us feeling paralyzed or depressed. Essentially, we are becoming stuck as a society. A common problem is that people act like victims and complain too often. This is a sign of being stuck. Life is a series of choices and the key to making excellent choices is awareness.

Some people close their eyes and hope that everything will be all right or metaphorically "sweep it under the rug" and hope their direction changes or improves all by itself.

### Awareness Precedes Action Decision Determines Your Destiny

We all have blocks that come up from time to time that prevent us from identifying a new direction or course of action to take. It may help you gain clarity to what you want by naming what you hate or dislike about your current situation.

You may feel off-track because you have become more self-aware of the deeper calling from within you. It could be that your best self is trying to emerge from within. It is critical that you know your desired outcome before making a shift. Too many people avoid taking any action because they feel like they are operating in a vacuum. You have people around you who know you and are most likely willing to help you.

### You Don't Have To Do It Alone

## POINTS TO CLARITY

What areas in your life and business are you feeling stuck?

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What are you trying to accomplish with your life and business?

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Why do you want to accomplish this?

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What is life asking you to do differently?

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What are the 3-5 essential goals you want to see become real for you?

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## DECISIONS & ACTIONS I WILL COMMIT TO: