



## Worksheet: Questions to Help You Gain Clarity

Well-worded questions can be a very powerful tool for creating Clarity. Below are some examples of questions that could be used to connect with your intuition, as the basis for a Tarot reading, or as questions to be mulled over and possible answers researched.

1. What am I feeling in regards to this issue? Situation? Relationship? Opportunity?
2. Why am I feeling this way? (The key to clarity with this questions is that once you have an answer to your original question, ask your self again why what you answered is important. Do this roughly 5 times to reach the real reason you are feeling this way. For example - I am feeling angry that I didn't get the job I interviewed for. *Well, why did not getting that specific job make you feel angry?* Because everyone I spoke with about that job said I was the ideal candidate for that job? *Why did you feel you were the ideal candidate for that specific job?* I didn't really, but the job sounded great. I really wanted it. *Why did this job sound that much better than the one you currently have?* It didn't really sound that much better than the one I have, it's just that it was different, it was new, it was change and that was really appealing to me right now. *Is there another way you could achieve these feelings of new, change, different in your life right now, without changing jobs?.....)*
3. What will it take to make me happy? (In terms of what you want and what you can do for yourself, and not what other people need to do for you.)
4. What's the most effective way to achieve what I am after?
5. What is working in my business? My relationships? My life? What's not working?
6. What could be better in my business? My relationships? My life? If I don't address these issues, how might they block my success?
7. What negative thoughts are keeping me from creating my vision?
8. What am I willing to change in order to allow in my vision of success?
9. How am I waiting for things to come to me instead of going after them with passion and enthusiasm?



10. What am I most afraid is going to happen?
11. What am I most passionate about creating in my business? My life? My relationships?
12. What do I have to force myself to do? What in my life, my business and my relationships would I like to never, ever have to do again?
13. What do I love to do? What comes naturally and effortlessly to me? What feels amazing when I do it? What engages your curiosity?
14. How do you want to feel?

**Questions to Ask Regarding Being in Alignment:**

1. Are you really clear about what your personal core values are?
2. Are you clear about what your intentions are? Are they shaping how you act and speak in your daily life?
3. Are you clear about what your goals are? Do your current goals reflect your personal core values? As you work towards your goals, do you remain flexible, and do you stay true to your intentions?

**Four Practices for Achieving Clarity:**

1. Set intentions based on your personal core values
2. Start over when you get distracted and find yourself going off course
3. Let go of expectations, they undermine your intentions
4. Balance your priorities. This helps you align your time, energy, and resources with your intentions.