

# The Clarity Map

Get clear in 10 minutes

*This tool is designed to help you slow down, organize your thoughts, and focus on what actually matters—so you can move through your day with more direction and intention. For the best results, complete this exercise in step-order.*

## Step 1: Brain Dump

Write down everything that is on your mind. It doesn't need to be organized— just get it out of your head.

## Step 2: What Actually Matters?

Of everything you listed, write the 3 top things that would make your day or week more productive, aligned, or complete.

## Step 3: Today's Direction

If nothing else gets done today, what absolutely needs your focus?

# The Clarity Map

## Reminder

*You don't need the perfect day. You just need direction.*

*Get clear → Move with intention → Adjust when needed → Keep going!*

### Step 4: Real Life Check

What/Who could realistically distract or interrupt your day?

What's your backup plan if the day gets off track?

### Step 5: Who are you being today?

Choose the version of yourself you are showing up as today. (Focused creator, present mom, organized professional, etc.)

Now take the version of yourself you're choosing to be today, the priorities you've decided actually matter, and the plan you created for handling distractions—and move forward with intention.

Not perfectly.  
Not all at once.

Just clearly, deliberately, and one decision at a time.

This is how you stop reacting to life...  
and start moving it forward.

– Dr. Shonna