



Mini Clarity Workbook

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No pressure. No perfect answers. Just a starting point.



Step 1: The Wheel of Life Visual Assessment Tool

Life has lots of moving parts and this tool helps you check in on how each one's going. Each category is like a slice of your life, and when you look at them together, you get a feel for what's balanced... and what's not.

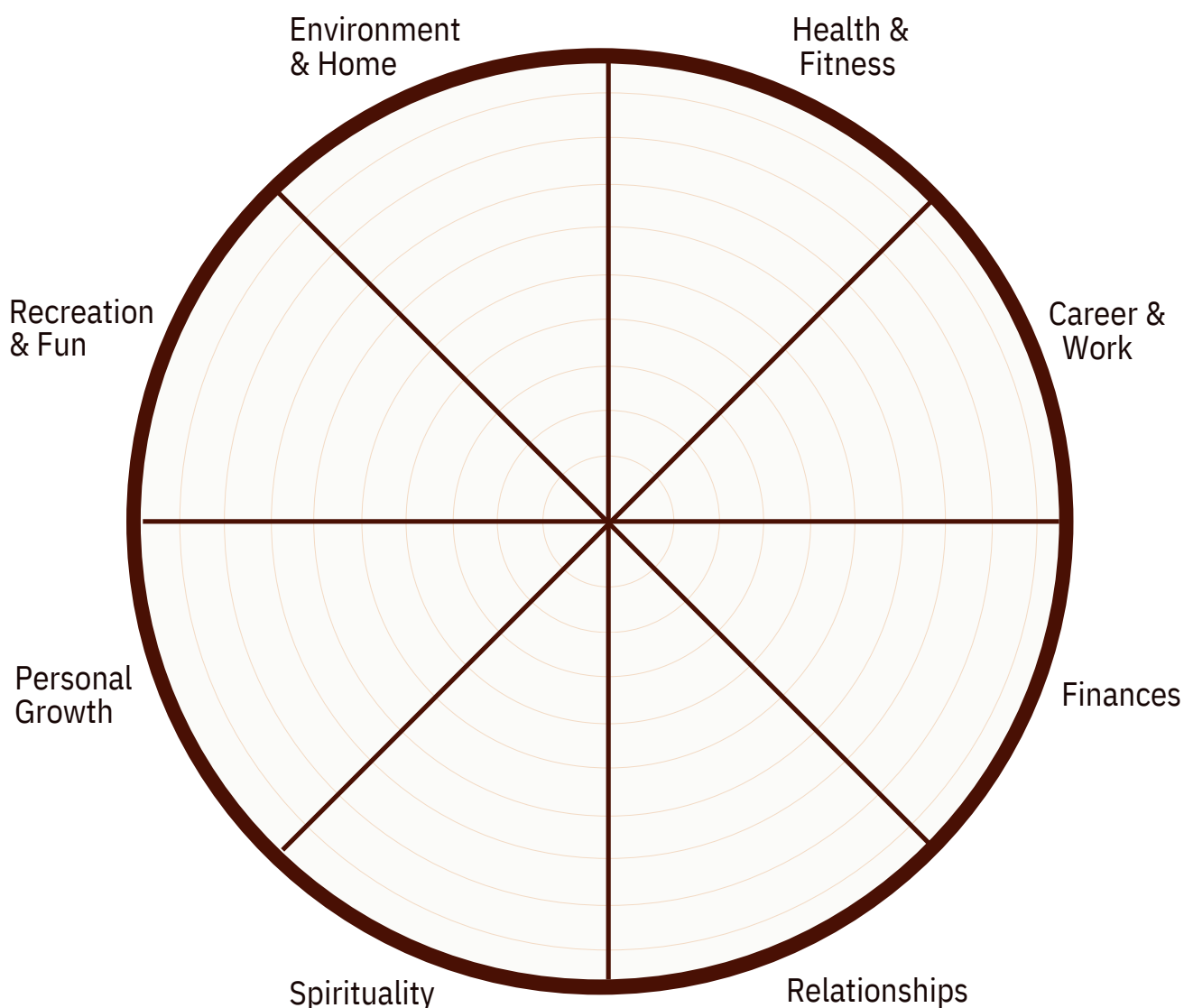
How it works:

Rate each of the categories listed on the following page from 1 to 10, based on how satisfied you feel **right now**, not what you wish it was, just how it honestly feels today.

Then use the Wheel of Life graph to draw it out:

- 0 is the centre (not satisfied)- 10 is the outer edge (fully satisfied)
- For each slice, find your number and draw a line across that wedge at the right mark.
- Shade it in from the centre up to that point.

It won't be a perfect wheel and that's NORMAL. This is just about noticing what needs more attention.



Health & Fitness ___ /10

- How's my energy lately — am I running on empty or feeling pretty strong?
- Am I moving, eating, or resting in ways that feel good?
- How am I feeling mentally and emotionally?

Career/Work ___ /10

- Does my work feel meaningful — or like I'm just going through the motions?
- Am I feeling challenged in a good way, or stretched too thin?
- Do I feel like my work reflects who I am?

Finances ___ /10

- Do I feel calm and in control with money — or stressed and uncertain?
- Am I making progress toward the kind of financial life I want?
- Is money a source of stress right now?

Relationships ___ /10

- Do I feel close and connected to the people who matter to me — or more distant lately?
- Are my relationships bringing joy, or draining my energy?
- Is there anyone I miss or need boundaries with?

Spirituality ___ /10

- Do I feel a sense of meaning, purpose, or something bigger than me?
- Am I making space to reflect, pray, meditate, or feel grounded?
- Do I feel grounded and connected — or lost and disconnected?

Personal Growth ___ /10

- Do I feel like I'm learning and evolving — or a bit stuck in the same loop?
- Am I exploring new ideas or goals that excite me?
- Do I like who I'm becoming?

Recreation & Fun ___ /10

- When was the last time I did something just because I wanted to?
- Do I laugh enough?
- Am I making space for fun — or just surviving?

Environment & Home ___ /10

- Does my home feel like a safe, calming space — or a source of stress?
- Is my environment supporting me, or making life harder?
- Do I feel proud of or at peace in the spaces I spend time in?

Take a moment to reflect:

What areas feel most important to shift or strengthen right now?

What's already working — and how can you lean into that

If you could change just one thing, where would you start?

Step 2: Simple Self-Check Prompts

These five questions help you gently explore what's really going on beneath the surface.

What's been feeling heavy or hard lately?

Where in life do I feel most like "me"?

What's one habit or pattern I keep repeating — even though I don't want to?

What have I been avoiding or putting off?

What do I wish someone would ask me about right now?

Step 3: Simple Self-Check Prompts

Finish these sentences with whatever comes to mind — no need to overthink it.

I want to feel more_____

I wish I had more clarity around_____

If I could change just one thing right now, it would be_____

I'm ready to let go of_____

What I really need is_____

So... What Now?

First of all — ***well done.***

Taking the time to reflect like this isn't always easy. You just paused long enough to check in with your life... and that matters.

Even if nothing's magically changed yet, you've already started something. You've brought awareness to what's working, what's weighing you down, and where you might want something more.

If you're not sure what to do with what came up, try this:

- Pick one category that feels like it needs the most care.
- Ask yourself: What's one small thing I could do this week to support this part of my life?
- Write it down.
- Actually try it — even if it's tiny.

(If nothing else, just naming the category and saying, “I see you” is a powerful place to start.)

Want support working through it?

This is exactly what coaching is for. You don't need to figure it all out alone.

If you'd like to chat through what came up and where to go next, book a ***free Clarity Call.***

There's no pressure, just a warm, honest conversation about what you want, and whether coaching might help.

Book your free Clarity Call here **nextchaptercoaching.com.au/book-free-clarity-call**

You don't need a plan. Just bring yourself. I'll meet you there.