

CRYSTAL TO CLARITY

A One-Page Guided Practice

Pause. Hold your crystal. Take one slow breath.

This page is not for thinking deeply.

It is for seeing clearly—and acting once.

1. **YOUR CRYSTAL NAME:** _____. Why did you choose it?

2. **YOUR CURRENT SITUATION:** Think of one real situation where you feel stuck.

What is happening right now?

3. **YOUR USUAL RESPONSE:** In this situation, what do you usually do?

4. **WHAT YOU FEEL:** What do you feel in that moment?

5. **SEE CLEARLY:** (Hold your crystal. Stay simple.)

“In this situation, I usually _____.”

6. **STOP THE PATTERN:** “This time, I will NOT _____.”

7. **CHOOSE ONE ACTION:** Keep it small. Keep it clear.

“Instead, I will _____.”

8. **YOUR CRYSTAL REMINDER:** “This crystal reminds me to _____.”

9. **TAKE ACTION:** Do it in real life. Not later. Not perfectly. Just once.

10. **AFTER ACTION:** What did you do?

What changed (even slightly)?

INSTRUCTION: Use for one situation only. Do not overthink. Action matters more than answers

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Crystal and Traits

Clear Quartz – Confusion	Malachite – Resistance to Change
Amethyst – Overthinking	Obsidian – Denial
Fluorite – Mental Clutter	Charoite – Fear of Change
Sodalite – Doubt	Yellow Sapphire – Poor Judgment
Hessonite (Gomed) – Illusion	Howlite – Impatience
Phenakite – Scattered Perception	Lepidolite – Anxiety
Black Tourmaline – Avoidance	Selenite – Lack of Clarity
Smoky Quartz – Overwhelm	Citrine – Lack of Direction
Bloodstone – Fear of Action	Picture Jasper – Lack of Perspective
Tibetan Tektite – Growth Resistance	Iolite – Directionlessness
Red Coral – Inaction	Libyan Desert Glass – Purpose Confusion
Carnelian – Hesitation	Bytownite – Inner Direction Loss
Rose Quartz – Emotional Dependency	Apatite – Lack of Motivation
Moonstone – Emotional Instability	Aragonite – Restlessness
Pearl – Insecurity	Aventurine (Green) – Risk Avoidance
Morganite – Emotional Hurt	Aventurine (Red) – Passivity
Rhodonite – Emotional Wounds	Bronzite – Indecisiveness
Unakite – Emotional Block	Calcite (Orange) – Creative Block
Chrysoprase – Trust Issues	Calcite (Blue) – Mental Fatigue
Peridot – Resentment	Calcite (Green) – Emotional Rigidity
Labradorite – External Influence	Chalcedony – Social Withdrawal
Black Onyx – Weak Will	Chiastolite – Fear of Responsibility
Amazonite – Suppression	Dioptase – Guilt Retention
Blue Lace Agate – Fear of Expression	Dumortierite – Lack of Discipline
Aquamarine – Withholding Truth	Epidote – Negative Reinforcement
Emerald – Poor Communication	Fuchsite – Over-Giving
Angelite – Lack of Inner Calm	Galena – Lack of Balance
Colombianite – Disconnection	Jet – Fearfulness
Tiger’s Eye – Low Confidence	Kunzite – Emotional Shutdown
Sunstone – Self-Doubt	Magnesite – Poor Self-Regulation
Pyrite – Fear of Success	Nuummite – Shadow Avoidance
Ruby – Weak Leadership	Obsidian (Snowflake) – Repeating Patterns
Diamond – Low Self-Worth	Onyx (Green) – Emotional Dependence
Garnet – Low Drive	Prehnite – Avoiding Inner Work
Iron Meteorite – Weak Endurance	Serpentine – Control Issues
Hematite – Lack of Grounding	Shungite – Energy Drain
Red Jasper – Inconsistency	Spinel (Black) – Victim Mindset
Kyanite – Misalignment	Staurolite – Lack of Commitment
Pallasite – Instability	Sugilite – Emotional Overload
Blue Sapphire – Lack of Discipline	Thulite – Need for Approval
Dalmatian Jasper – Erratic Behavior	Variscite – Inner Conflict
Root Fossil – Lack of Foundation	Zoisite – Stagnation
Moldavite – Transformation Resistance	Cat’s Eye – Fear of Uncertainty
Elestial Calcite – Unresolved Patterns	