



**Black Slope**

Thank you for your trust and welcome to our Quick Guide to Clarity. This is an ideal starting point to clear your mind in times where opportunity meets stress – where focus is challenged by sheer volume.

**All you need:** a pen, paper and 13 minutes of time.

Take 2 minutes to answer each question (keep going until you are done though). You can take more time – but don't move to the next questions before the time is up. If you need more paper, go for it! Now, start a stopwatch. When you think you are done, continue to write for at least 1 more minute.

<p>➤ Consider everything that is going on. Write a long list of everything that is currently on your mind.</p>	
<p>➤ What groups/ themes appear? If you see it as the Earth, what are your tectonic plates?</p>	
<p>➤ Which one of those plates can make the biggest positive difference?</p>	
<p>➤ Which ones presents the biggest drain, risk, blocker?</p>	
<p>➤ What can you delegate and to whom?</p>	
<p>➤ What are you going to do first/now/today to move the needle?</p>	

**What now?**

This was helpful?  
 Others would benefit?  
 Missing challenge and acceleration?

Use it more often.  
 Share it.  
 Call and we grab a coffee!