

# CLARITY QUEST

A GUIDE TO DEFINING YOUR TRUE DESIRES



## Welcome

This guide is designed to take you on a journey of self-discovery, helping you gain the clarity and insight needed to define what you truly want in life. Through a series of thoughtful questions and exercises, you'll begin to uncover the answers that have always been within you, waiting to be brought into the light.

Whether you're feeling stuck, seeking a new direction, or simply need confirmation of what your heart truly desires, this workbook will be your compass. It's divided into three parts:

- The first section will guide you in ***uncovering your current desires and values***.
- The second will help you ***craft a plan to bring these desires to life***.
- The third part will ***tackle the obstacles***, both conscious and unconscious, that may stand in your way.
- Finally, for the ambitious ones, I've included a ***bonus section*** with additional exercises inspired by great authors and speakers.

Grab a pen and paper, and take your time with each section. Approach this process with an open mind and a willingness to dig deep. The more honest you are with yourself, the more clarity and direction you will gain from this experience.

You're not just defining goals; you're reconnecting with your inner guidance system and aligning with your true Self. So, let's embark on this clarity quest together. Your journey to a more fulfilling and aligned life starts here.

## Part I: Unearthing Your True Desires

Understanding what you truly want begins with reconnecting to your inner guidance system. Often, our desires get clouded by external influences and expectations, leading to a disconnect from our authentic values. This section is designed to help you peel back those layers and tap into your deeper truths.

### Step 1: Reflect on Your Current State

Why Now?: What has brought you to this moment where you're seeking clarity?

*Write your thoughts here:*

Visualizing Clarity: How would your life change if you had complete clarity about what you want?

*Write your vision here:*

Self-Assessment: On a scale of 1-10, how clear do you feel about what you want right now? Circle one: 1 2 3 4 5 6 7 8 9 10

What do you think is blocking your clarity?

*Write your thoughts here:*

### Step 2: Start Small to Reconnect

Finding Your 'Yes': When trying to reconnect with your internal navigation system, it can be hard to start with the overarching, large-scale questions because they often come imbued with expectations and unconscious belief systems. Start small and just remember what a 'yes' feels like in the first place. (E.g., a favorite activity, a person, or a daily habit.)

What is one simple thing you know is a definite 'yes' for you right now?

*Write your answer here:*

### Step 3: Play With Perspective

Future Perspective: Imagine yourself 10 years from now. What advice would your future self give you about what you want right now?

*Write your future self's advice:*

Past Perspective: Think back to 10 years ago. What opportunities do you have now that your past self would have been excited about?

*Write your thoughts here:*

#### **Step 4: Dig Deeper with 'The 5 Why's'**

Identify a Desire: What is one thing, big or small, that you want to achieve or experience in your life right now? Don't overthink it - go with what first comes to mind.

*Write your desire here:*

Explore the Root of Your Desire: Take the desire you identified above and ask yourself, "Why do I want this?" Answer this question five times, each time digging deeper into the core motivation behind this desire. (E.g., I want to get in better shape.)

*Why do you want the thing you want? (i.e. because I want to get healthier)*

*Why? (i.e. because I hate feeling like I can't do all the things I want because I am too tired)*

*Why? (i.e. because I want to enjoy my life and do fun things with my family)*

*Why? (i.e. because being around for them matters to me)*

*Why? **ROOT CAUSE** (i.e. because I am worried that if I don't get my health in check, I won't be around for them)*

#### **Step 5: Expand to Key Life Areas**

Broaden the Exploration: Apply the '5 Whys' method to different aspects of your life to uncover deeper desires and motivations.

*Career & Finances*

*Health & Wellness*

*Relationships & Love*

*Fun & Recreation*

## Step 6: Review & Distill

Summarize Your Insights:

*What did you initially think you wanted, and what have you discovered you actually want?*

*What surprised you about this exploration?*

*Identify three core values that emerged from this process. Here's a [reference](#) if you need some help adding language to your values.*

*What is one thing you will stop doing and one thing you will start doing to align more with these values?*

## Part II: Turning Clarity Into Action

Now that you've uncovered something you truly want connected with your core values, it's time to transform those insights into a tangible plan. This part will guide you in setting clear goals and creating a roadmap to bring your desires to life.

### Step 1: Set Clear Goals

**Identify Your Goals:** Based on your reflections from Part 1, identify 1-3 specific goals you want to achieve. These goals should be meaningful and aligned with your core values.

*Write your goals here:*

1.)

2.)

3.)

**Define the Why:** For each goal, write down why it's important to you. What deeper desire or value does it fulfill? Understanding the motivation behind each goal will keep you focused and inspired.

*Write your why for each goal here:*

1.)

2.)

3.)

## **Step 2: Break Down Your Goals into Actionable Steps**

**Create an Action Plan:** Select one of the goals you identified above to start with. Focusing on one goal at a time helps avoid overwhelm and builds momentum. Break this goal down into three small, achievable steps you can take to move forward. Be specific and realistic with these steps. They should be clear and manageable, setting you up for success.

*Write your action steps here:*

1.)

2.)

3.)

## **Step 3: Identify Resources & Support**

**List Resources Needed:** What resources (information, support, time, or money) do you need to achieve this goal? Consider what tools, knowledge, or assistance will help you along the way.

*Write your resources here:*

**Build Your Support System:** Who can support you as you work toward this goal? This could be friends, family, mentors, or online communities. How can these individuals or groups help you stay on track and provide encouragement?

*Write your support system here:*

## **Step 4: Establish Accountability & Track Progress**

**Set Milestones & Deadlines:** Set small milestones for each of the three steps you outlined. Assign deadlines to each step to keep yourself accountable.

*Write your milestones & deadlines here:*

**Create a Progress Tracker:** Decide what you'll use – a journal, calendar, or digital tool – to track your progress. Reflect regularly on what's working, what's not, and what you might need to change.

*Write your tracking system here:*

**Celebrate Wins:** Take time to celebrate each milestone you reach, no matter how small. Recognizing progress builds motivation and reinforces your commitment.

*Write how you'll celebrate here:*

**Reflect on Learning:** As you progress, take moments to reflect on what you're learning about yourself and your journey. This reflection will help you stay aligned with your values and adapt your plan as needed.

*Write how and when you'll reflect here:*

## Part III: Uncovering & Overcoming Obstacles

As you embark on the journey to achieve your goals, it's natural to encounter obstacles—whether they come from external circumstances or internal beliefs. This section offers tools and exercises to help you identify and navigate these challenges with grace and resilience.

### Step 1: Identify Inner Roadblocks

**Self-Inquiry:** Reflect on any fears or limiting beliefs that might hold you back from pursuing your goals. What stories are you telling yourself that create these limitations?

*Write down any patterns of self-doubt or resistance here:*

**Reframe & Redirect:** For each fear or limiting belief, ask yourself: What is this trying to protect? How can I reframe this into an empowering thought?

*Write down your reframes here:*

### Step 2: Overcome External Obstacles

**Anticipate Challenges:** Identify any potential external challenges that could arise as you work toward your goals. These might include time constraints, lack of resources, or unsupportive environments.

*Write down any potential obstacles and solutions or strategies to navigate them here:*

**Create a Resilience Plan:** Develop a plan for how you will handle setbacks or challenges. Consider practices such as mindfulness, seeking support, or taking breaks when needed.

*Write your resilience plan here:*

### Step 3: Strengthen Your Support System

**Reach Out:** Revisit your support system from Part II. Are there any additional people or resources you can tap into for support and encouragement?

*Write down any potential mentors, communities, or accountability partners here:*

**Set Boundaries:** Identify any areas where you need to set boundaries to protect your time, energy, and focus. This might include limiting distractions, saying no to non-essential commitments, or creating a dedicated space for reflection and goal-setting.

*Write down boundaries & your commitment to honor them here:*

### Step 4: Visualize Success

**Future Self Visualization:** Take a few moments to close your eyes and visualize yourself successfully overcoming obstacles and achieving your goals.

*Here is some [inspiration](#) if you need help.*

**Anchor the Vision:** Write down a few key phrases or affirmations that capture this vision of success. Use these as anchors to remind yourself of your strength and resilience when facing obstacles.

*Write down anchors here:*

## Bonus Section

### Bonus 1: Your Eulogy (inspired by Daniel Harkavy, author of [Living Forward](#))

Say you just received an assignment to write your own eulogy. This exercise helps you discover what's most important about living a fulfilling life. Have some fun with it and allow yourself to be creative. Think deeply about the legacy you want to leave, the experiences that matter most to you, and what your friends and family cherish about you.

As you write, think about the following questions:

1.) *What kind of legacy or impact have you left?*

2.) *What experiences have meant the most to you?*

3.) *What do your friends and family love the most about you?*

**Bonus 2: Good Time Journal (inspired by Bill Burnett & Dave Evans, authors of [Designing Your Life](#))**

- 1.) *Complete a log of your daily activities in a notebook. Note when you are engaged and/or energized and what you are doing during those times. Try to do this daily, or at the very least every few days. Continue this daily logging for three weeks.*
- 2.) *At the end of each week, jot down your reflections—notice which activities are engaging and energizing, and which ones are not.*
- 3.) *Are there any surprises in your reflections?*
- 4.) *Zoom in and try to get even more specific about what does or does not engage and energize you.*

Getting great insights out of your Good Time Journal reflections isn't always easy, so here's a tool to make detailed and accurate observations—part of getting good at the curiosity mind-set. It's the **AEIOU method** that provides you five sets of questions you can use when reflecting on your Activity Log.

- 1.) **Activities.** *What were you actually doing? Was this a structured or an unstructured activity? Did you have a specific role to play (i.e. team leader) or were you just a participant?*
- 2.) **Environments.** *Our environment has a profound effect on our emotional state. You feel one way at a football stadium, another in a cathedral. Notice where you were when you were involved in the activity. What kind of a place was it, and how did it make you feel?*
- 3.) **Interactions.** *What were you interacting with—people or machines? Was it a new kind of interaction or one you are familiar with? Was it formal or informal?*
- 4.) **Objects.** *Were you interacting with any objects or devices— iPads or smartphones, hockey sticks or sailboats? What were the objects that created or supported your feeling engaged?*
- 5.) **Users.** *Who else was there, and what role did they play in making it either a positive or a negative experience?*



### Bonus 3: Ideal Day Mad Lib (inspired by Jenny Blake, author of [Pivot](#))

Fill-in-the-blanks to articulate what your ideal day looks like.

Bonus points: do one for your **WILD AND CRAZY** vision, then do another for your ideal average day — what an energizing “regular” workday might entail.

The sun is shining and after an amazing night’s sleep, I stretch and open my eyes at \_\_\_\_\_ (time). I look around \_\_\_\_\_ (the place I’m sleeping in) and take a minute to appreciate \_\_\_\_\_ (aspects of the room or environment that are appealing to you, including whether or not anyone else is there with you).

When I’m ready to get out of bed, I put on \_\_\_\_\_ (favorite outfit or most comfortable clothes) and sit down to \_\_\_\_\_ and \_\_\_\_\_ (energizing morning routines) while overlooking \_\_\_\_\_ (another aspect of your environment, maybe outdoors, maybe something in front of you). I might also make time for \_\_\_\_\_ (activity or exercise) before or after breakfast to get me ready for the day.

After breakfast, I get really excited because today I am working on \_\_\_\_\_ (energizing project or work activity 1), \_\_\_\_\_ (activity 2), and \_\_\_\_\_ (activity 3). Awesome! Later in the day when I need a break, I will call or meet-up with \_\_\_\_\_ (person 1) and \_\_\_\_\_ (person 2).

I love solving problems related to \_\_\_\_\_ and \_\_\_\_\_ (favorite types of challenges). In fact, my friends and colleagues are often coming to me for

advice on \_\_\_\_\_ (topic 1), \_\_\_\_\_ (topic 2), and \_\_\_\_\_ (topic 3). Right now I’m most excited to learn more about \_\_\_\_\_ (new skill 1) and \_\_\_\_\_ (new skill 2).

Sometimes I even reflect on “sliding doors” careers I would try (even if only in a fantasy world) if time, money, and approval from others weren’t an issue: \_\_\_\_\_ (career 1) because I’d get to \_\_\_\_\_ (activity 1), \_\_\_\_\_ (activity 2) and \_\_\_\_\_ (activity 3). Or \_\_\_\_\_ (career 2) which would be super fun because I could \_\_\_\_\_ (activity 1), and \_\_\_\_\_, and \_\_\_\_\_ (activity 3).

I also enjoy dreaming and scheming about the year ahead, considering what smashing success might look like. A year from now, I would be ecstatic if I were earning \$\_\_\_\_\_/year (ideal annual income) with ease. Professionally speaking, I would be thrilled if \_\_\_\_\_ (professional outcome 1), \_\_\_\_\_ (professional outcome 2), and \_\_\_\_\_ (professional outcome 3) were happening. If these things did come to pass, I would feel \_\_\_\_\_ (feeling 1), \_\_\_\_\_, and \_\_\_\_\_ (feeling 3). It would make \_\_\_\_\_ (item 1) and \_\_\_\_\_ (item 2) feel even more possible.

In my personal life, I would be overjoyed if \_\_\_\_\_ (outcome 1), \_\_\_\_\_, and \_\_\_\_\_ (outcome 3). I would feel \_\_\_\_\_ (feeling 1), \_\_\_\_\_ (feeling 2), and \_\_\_\_\_ (feeling 3), which would make it possible to \_\_\_\_\_.

Since I can spontaneously travel wherever I’d like, I will also start planning a few quick jaunts to \_\_\_\_\_ (ideal spot 1) and \_\_\_\_\_ (ideal spot 2). It reminds me of the time I was in \_\_\_\_\_ (recall a peak experience) for \_\_\_\_\_ (activity). I have never felt so

\_\_\_\_\_ (adjective 1) and \_\_\_\_\_ (adjective 2). That time really meant a lot to me because \_\_\_\_\_ (what made it so memorable, special).

After a long, fun day spent doing things I love, I take a minute to appreciate what an incredible day I've had. I make a list of the reasons it was amazing:

- 1.)
- 2.)
- 3.)

I reflect on a recent major accomplishment of mine that I am proud of and why:

There are a few people I really admire who motivate and inspire me: in this ideal world I am lining up meetings with both! I admire \_\_\_\_\_ (person 1) and would describe him/her as \_\_\_\_\_ (adjective 1), \_\_\_\_\_ and \_\_\_\_\_ (adjective 3). I also admire \_\_\_\_\_ (person 1) and would describe him/her as \_\_\_\_\_ (adjective 1), \_\_\_\_\_ and \_\_\_\_\_ (adjective 3).

Before I wrap up for the night, I take some time to \_\_\_\_\_ (evening activities, favorite things and/or people). I notice that I feel relaxed, happy, and joyful. I'm thankful to have \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ in my life. I go to sleep with a huge smile. I'm proud of myself for making this day happen, and I can't wait to do it again.

Ideal Day Debrief:

1.) *What overarching themes made your day feel so great?*

2.) *What qualities of your ideal day are already present in your life?*

3.) *What qualities are things that you could take steps toward implementing even just in little bits?*

4.) *What aspects of your day might speak to longer-term goals that you want to set (financial, learning, travel, career, relationships, or other personal aims)?*

**“Vision without action is a dream. Action without a vision is simply passing time. Action with vision can change the world.”**

**-Joel Barker**

