

YOUR GROWTH EDGE

Clarity

Hearing what you want again. A companion workbook to your Life Transition Scorecard.

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BEFORE YOU BEGIN

Your growth edge: Clarity



Did you know most women I work with can tell me, in seconds, what their kids, their partner and their boss need? Then I ask, "And what do *you* want?" and the room goes still.

That's not a flaw. For years you've been trained to be the one who knows what everyone else needs. You got very good at it.

What if I told you clarity isn't missing in you? It's a muscle you haven't been asked to use in a while. And you already have the skill it takes: you know how to listen closely. This workbook turns that listening toward you.

With you in it,
Dana

WHAT YOUR SCORE MEANS

Clarity was your lowest area. That's not a grade. It shows where a little attention will open the most room right now.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Write by hand or type right into the boxes, and come back to it in a month.

EXERCISE 1

Notice what lights you up

Before we figure anything out, let's get curious. Over the next few days, jot down moments that gave you energy and moments that drained it. Small things count: a conversation, a walk, an hour at your desk.

A MOMENT FROM MY WEEK	ENERGIZED OR DRAINED?	WHAT I NOTICED

Look back at your list. What do the energizing moments have in common?

EXERCISE 2

Your wants, unfiltered

Finish each sentence fast, without editing. Write the first answer that shows up, even if it surprises you. No one else has to see this.

I want more…

I want less…

I miss…

If no one would be disappointed, I would…

Secretly, I'd love to try…

Circle the answer that made you feel something. Then ask: **whose voice edits my wants?** Maybe it's the good mom, the reliable one, the one who doesn't make waves. That voice made sense once. What was it protecting?

EXERCISE 3

Try it on

You don't need a five-year plan to move toward what you want. Pick one want from Exercise 2 and design a small experiment. No commitment, just information.

The want I'm exploring:

A small way to try it on this week:

When I'll do it:

Afterward: how did it feel? Do I want more of it?

Now that you've heard yourself, what do you want to do with it? You get to choose the next step.

BEFORE YOU CLOSE THIS

You know more than you think

Clarity rarely shows up all at once. It grows each time you listen to yourself and act on what you hear.

Notice. Listen. Try it on.

If you'd like help turning what you wrote into a plan, book a free 30-minute consultation. And tell me: what's one thing you wanted this week that you didn't say out loud?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps built for your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

> *"She has been instrumental in the growth I have had with my self-confidence and communication skills... She also has given me practical tools to handle tough situations."*
>
> D.L., MIDLIFE WORKING MOM OF TWO

COACHING

Individuals and couples, in person in Lafayette, CA and online

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