CLARIFY YOUR DIRECTION

Life-First Business Blueprint

Set aside 15-20 minutes. Keep the detail on your own device or paper. A focused worksheet to separate the life you want from the business idea you feel pressure to choose.

01 / Your version of a good next chapter

Describe an ordinary week you would want to repeat. Include relationships, health, meaningful work and time away from work.

02 / Three things to protect

List the commitments your next chapter must respect. Mark which are firm boundaries and which could change after a conversation.

03 / Your working boundaries

What time and energy can you realistically offer each week? What spending limit needs agreement before you test an idea?

Reflection and planning only. No income guarantee or professional financial, legal or clinical advice.

TURN THE WORKSHEET INTO A SMALL NEXT STEP

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Use actual examples and dated evidence. An honest decision to pause or stop is a useful result.

04 / A direction worth exploring

Write one possibility that draws on your experience. Who might it help, and what problem might you help them address?

05 / The smallest useful test

Choose one conversation, observation or small experiment that could challenge your assumptions without a major commitment.

06 / A review you will actually keep

Set a review date. What evidence would support continuing, changing direction, pausing or stopping? Who should be part of that review?

Want help turning this into a clearer next step?

Explore Clarity Session and save a program-review request. Paid enrollment is not currently open.

Explore coaching and request a review

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