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Purpose

Clarity

Checklist

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Purpose Clarity Checklist

Congratulations on taking action to get clear on what you want this stage of your life to be.

This checklist will serve as a tool to help bring into focus, areas of your life that hold you back or even stop you from doing the things you have thought about doing for a while now.

For each statement that describes or resonates with you, put an X next to it.

Each item you check tells you that this is something you will want to clear up, think through, or get support with.

Following through on this checklist will help you more fully live your purpose and actually do those things you always said you would one day do.

There's no reason to put them off any longer.

Let's get started!



Purpose Clarity Checklist

MINDSET/THOUGHT PATTERNS

- As a child, there were "rules" I was supposed to learn & follow that were deeply ingrained in me. I've carried these into adulthood & feel these keep me from fulfilling my purpose & living in a real & authentic way. I don't understand why I keep holding on to these "rules".
- There's a story/excuse I tell myself that makes it seem not so bad that I have settled for stuff over the course of my life.
- Sometimes I feel stuck or not in control of my own health, finances, relationships, and/or spiritual life.
- I have habits/thought patterns that I use even though they don't serve me well. I need support in knowing how to change them. Every time I try, I usually get frustrated & give up.

Purpose Clarity Checklist

COMMUNICATION

- I will often keep my real thoughts about a situation to myself.
- I will agree with someone, even if I disagree with them, in order to avoid conflict.
- I often tell others what I think they want to hear instead of what I really want to say.
- When I try to communicate my needs, thoughts & desires to others, it seems like I am never understood, which leads me to experience feelings of frustration and anger and eventually just giving up on it.

Purpose Clarity Checklist

RELATIONSHIPS

- I struggle with feeling needed or relevant in the life of my adult children and even at times by my spouse.
- There are friends I have had a relationship with for years. I don't enjoy their friendship because it seems they are only interested in themselves and I always end up catering to them. I don't know why I do that. And I don't know how to have a conversation about it or release them as friends without causing problems.
- Now that the kids are grown and it's just my husband & myself, it feels like we hardly know each other or have anything in common.
- When I try to communicate my needs, thoughts & desires to others, it seems like I am never understood, which leads to alienation.

Purpose Clarity Checklist

EMOTIONAL HEALTH

- I get discouraged with myself when I see other women my age living their dreams. I wonder what's wrong that I'm not living mine.
- It's easy for me to give excuses & blame other people & circumstances for my life not being what I would like for it to be.
- I often get my feelings hurt because no one seems to care about or go above & beyond for me like I do for them.
- I often wonder if my best years are behind me. I'm not really sure what my purpose is during this stage of my life.

Purpose Clarity Checklist

SELF-CARE

- I settle for things being a certain way because it seems easier than trying to change the situation.
- I have changes I want to make that would be good for me physically, emotionally & spiritually but it seems I either don't know how to incorporate them into my life or I don't follow through on doing them.
- I would really like to invest in working with a life coach or mentor, but it feels wrong for me to spend the money for that. Shouldn't I be able to figure this out on my own?
- When I talk about having better self-care in my life, I often feel selfish.

Purpose Clarity Checklist

CHRISTIAN WALK

- I want to feel more connected to God than I currently do.
- I struggle with understanding my worthiness in Christ.
- I know God's plan for my life is better than my plans and yet I often choose my way over the direction I know He is giving me.
- I know God forgives me, but I sometimes have trouble forgiving myself for past actions.

Purpose Clarity Checklist

WHAT'S NEXT FOR YOU

After having completed this checklist, you'll see what areas in your life are holding you back and creating a feeling of "settling" for the way things are.

The challenge you may be facing is you've spent most of your life making sure everyone else in your family was taken care of and supported....it's what gave you joy and purpose.

And now that you find yourself in your current stage of life, you aren't sure how to bring yourself to the forefront without having a sense of selfishness or worse yet....

...that maybe it's too late to even think about doing these things.

I'd love to chat with you about what you discovered by doing this checklist.

**To schedule a complimentary 30 minute call,
click on the link below:**

<https://chatwithsusie.as.me/>

I look forward to chatting with you!

~Susie