

# Your CLEAR Calling

## *Module 5*

**Cultivate Your  
Distinct Voice  
and Use It  
Every Day**



# Discovery

***1. What shifts and change have you experienced from being clear about your boundaries and unplugging people?***

***2. What have you learned about how boundaries impact your energy and how you show up on a daily basis?***

***3. What new practices can you commit to around sustaining your boundaries?***



# Power of Knowing What You Want

**Follow this exercise to get clear on what you want in your life.**

1. Set a timer for 8 minutes
2. Write everything you want inside the circle, and to put everything you don't want in your life outside the circle.
3. Circle your top three things inside the circle.

Fill out the inside and the outside of the circle. Be specific and clear about what you want, and what you don't want. Your brain will pause at a given point; keep writing until the timer goes off.

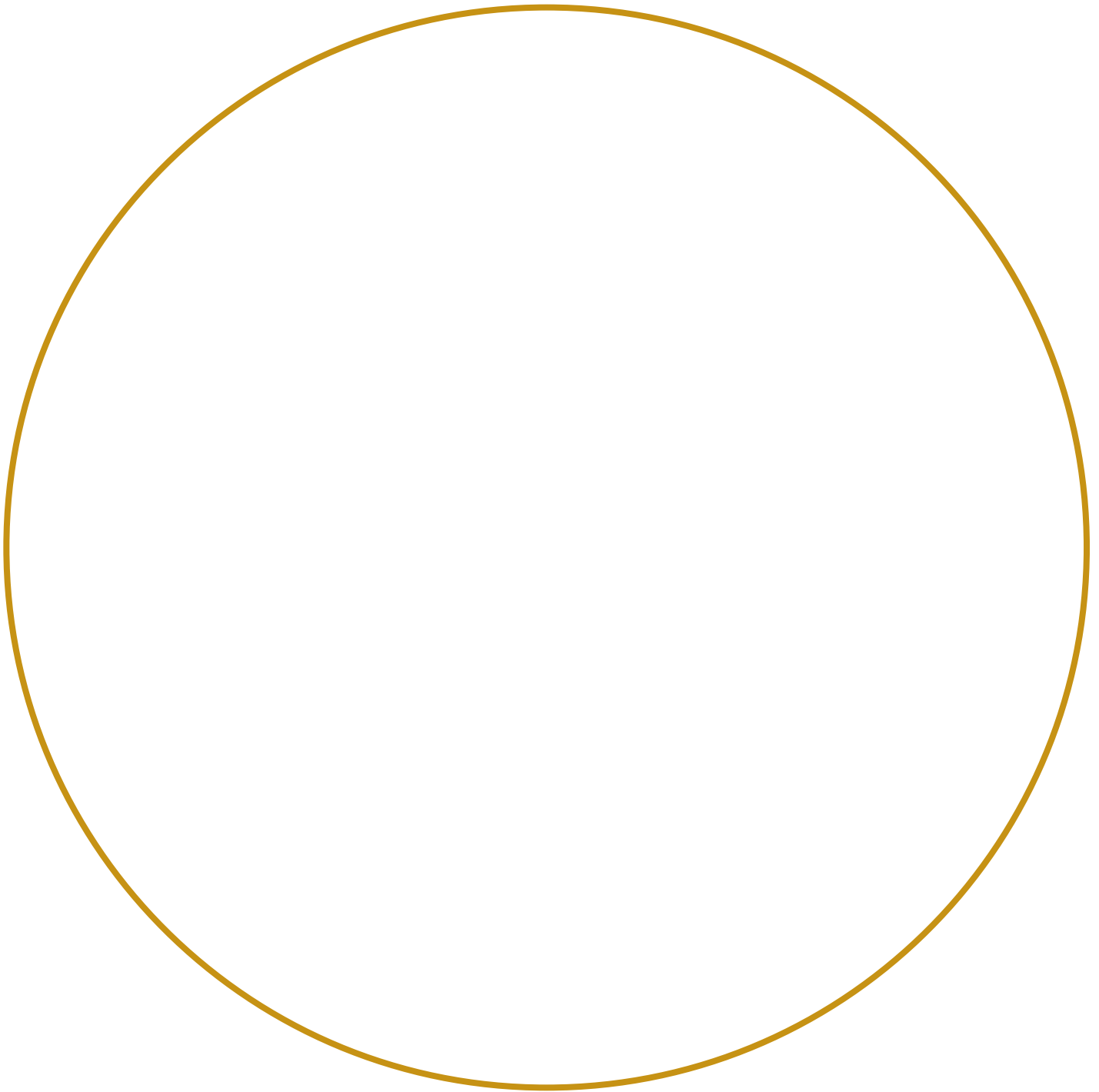
## **Examples of what to write inside the circle:**

- Love
- Buy a home
- Meet My Future Spouse
- Move to Maine
- Meditate
- Take 6 weeks of vacation every year
- Wake up energized every day
- Moving my body daily.

## **Examples of what to write outside the circle:**

- Fear
- Scarcity
- Complaints
- Choosing foods that don't make me feel good.





# Your Legacy

We all come from family lines that hand down beliefs. Some of them are wonderful, like a love of cooking, or a love of nature. Others do not serve us and it is time to release them, such as fear of financial insecurity, sacrificing your life for your children, or working so hard it is detrimental to those you love.

**Steps to create your legacy statement.**

***1. Imagine your mother (or maternal figure) in front of you. How many things do you need to keep/carry on from your mother? Listen for a number, likely 1-10, then write down the things you need to identify.***

***2. How many things do you need to release from your mother? Listen for a number, likely 1-10, then write down the things you need to identify.***



**3. Imagine your father (or paternal figure) in front of you. How many things do you need to keep/carry on from your father? Listen for a number, likely 1-10, then write down the things you need to identify.**

**4. How many things do you need to release from your father? Listen for a number, likely 1-10, then write down the things you need to identify.**



***5. How many compensation patterns did you create in reaction? Listen for a number. Identify.***

***6. How many unique qualities that are yours alone do you need to identify? Listen for a number. Identify.***



**Write your legacy statement.**





# Vision and Goals

Every moment, you are living into a vision. If you haven't set your own vision, that means you are living into a vision someone else has set for you (i.e. your mom, your friend, society, etc.) It is a powerful act of leadership of your own life to set your own vision, laying out with clarity exactly what you want your life to be like. Do this by taking a leap into the future and into the experience of the vision. By doing this, you can then work backward when setting goals, seeing clearly the roadmap that will help you get to what you want to achieve.

## VISION

10 years

Age





# A 10-Year Goal Roadmap

Goals are orders to the universe. Whatever you ask for comes true, which means the structure of the goal is essential. To keep the structure straightforward and the goals big, put in two goals per category. Start with a 1-year goal, then go to a 10-year. The idea is that you won't reach 50% of the goals – think BIG!

Use a specific by when with a date and year, and make the goal present tense, which signals to your brain you are already living into the goal.

**Follow the below format:**

- By June 2029, I am a New York Times best-selling author.
- By June 2024, I live in an environmentally sustainable home.



## Personal/Relationships

1-year	1-year
5-year	5-year
10-year	10-year



## Career

1-year	1-year
5-year	5-year
10-year	10-year



# Health

1-year	1-year
5-year	5-year
10-year	10-year

