

The clarity circle



Instructions

GOAL: Gain clarity on your WHY

TIME: 20 mins exercise
10 mins action & reflection

TOOLS: 24 different coloured pens

- Take 4 different coloured pens to help you distinguish between the 4 quadrants of the circle.
- Start from the top left and work your way round/clockwise.
- Don't overthink it but start writing down the things that come to your mind.
- Ideally you'll spend 5 mins max on each quadrant in order to get you writing down the things that come from your gut, heart and initial instinct
- Gather the key themes that come out of your clarity circle and you should now have a better understanding of your why(s).

Reflection Time

What is the common theme of all four sections?

What of that WHY is already incorporated in my life?

How does my current/former profession/job match my WHY and where does it lack connection?

What industry/topic/role/hierarchical position would best represent your defined WHY?