

# START WITH CLARITY

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HOW TO ELIMINATE UNCERTAINTY &  
FIND YOUR TRUE NORTH



CHECKLIST

# Start With Clarity

## Checklist

The way you start a task, project, or endeavor is crucial to its success. If you don't start with clarity, you'll end up having reasons to quit or end up in regrets in the long run. Therefore, it's vital that you don't allow your emotions or other things to affect your judgment when setting sail. This guide will teach you all you need to know regarding starting with clarity and eliminating uncertainty to find your true north.



# Chapter 1: Starting With The End In Mind

One of the best ways you can have clarity when making decisions is to start with the end in mind. When you have a good grasp of your motive, you'll not struggle to set goals for the right reasons. Meanwhile, when you have a clear idea about why you're doing something, you will be able to keep your gaze, especially during the days things aren't going your way. You can start with the end in mind to have clarity by ensuring that you're not being influenced by the people around you. The dangers of following the crowd include:

- ☐ Instability
- ☐ Loss of uniqueness
- ☐ Poor performance
- ☐ Low self-worth
- ☐ Mood disorder

## Chapter 2: Benefits Of Starting With Clarity

There are many benefits you stand to enjoy when you start with clarity. Some of them are direct, while some of them are indirect. You can improve the quality of your life by starting with clarity in the following ways:

- ☐ Defined goals
- ☐ Clear direction
- ☐ A sense of meaning
- ☐ Identification of distractions
- ☐ Resilience
- ☐ Compassion
- ☐ Positive self-image

## **Chapter 3: Signs Of Lack Of Clarity And Focus**

It's not a good situation to find yourself when you don't know how to go about your life. The good news is that you can know when you are battling this unpleasant state of mind. Meanwhile, once you discover that you lack clarity, the problem is half-solved. You can know that you lack clarity and focus when you detect the following symptoms in your life:

- ☐ Setting multiple goals within a short period
- ☐ Instability in interpersonal and professional relationships
- ☐ Frequent crop and change
- ☐ Consistent trial and error approach
- ☐ Dissatisfaction
- ☐ Lack of confidence
- ☐ Emotional disturbances

# Chapter 4: How To Eliminate Uncertainty

Anyone can be a victim of distractions and uncertainty. However, the good news is that you can work on them and give yourself the focus you need to reach your targets. The following tips will help you in this regard:

- ☐ Set SMART goals
- ☐ Ask questions
- ☐ Find mentors
- ☐ Be accountable
- ☐ Keep learning
- ☐ Keep track of your progress
- ☐ Damn the consequence

## Chapter 5: Living A Meaningful Life

Life becomes more colorful and worth living when you are able to stamp authority on the direction of your life. No one wants to feel that he or she has lost control over his or her life. It can make you even consider taking your life, especially when you face a severe setback. You can wrest back the control of your life from circumstances through the following ways:

- ☐ Have a purpose and plan before pursuit
- ☐ Always make personal happiness your pursuit
- ☐ Prioritize legacies
- ☐ Pour yourself into serving others

## Chapter 6: Practices That Can Enhance Clarity And Focus

Don't depend on your inner strength and determination alone to help you keep your focus. They might not be sufficient. There are some practices that can enhance your clarity and focus. Experts and scientist have reported their effectiveness in helping people keep their attention on what matters the most. Some of them include:

- ☐ Mindfulness
- ☐ Meditation
- ☐ Yoga
- ☐ Regular planning
- ☐ Journaling



# **Chapter 7: How To Reclaim Clarity And Focus**

It's possible that you lose your focus and make mistakes that you know could have been avoided. If you find yourself in this unpleasant situation, all hope isn't lost. You can still retrace your steps and start all over again. The following steps will help you in this regard:

- ☐ Forgive yourself
- ☐ Identify where you missed it
- ☐ Recognize why you got it wrong in the first place
- ☐ Go back to the beginning or pick up from where you stopped
- ☐ Implement measures for staying on track

# Chapter 8: Keeping Your Eyes On The Ball

It's fantastic that you have clarity and know how you want to go about your life. Still, it's crucial that you don't lose it. To keep your eyes on the ball, consider the following:

- ☐ Don't overrate yourself
- ☐ Don't change what works
- ☐ Stay true to yourself
- ☐ Avoid social comparison
- ☐ Keep track of your motives
- ☐ Keep the right company