

# 7 POWERFUL WAYS TO GAIN CLARITY



# Introduction

It's surprising that today, more than ever, so many of us struggle with finding clarity in our lives. Despite the mind-boggling, time-saving advances in technology and the myriad conveniences and comforts we enjoy, clarity, focus and inner peace seem impossible to attain.

When we lack clarity, we go through life in a foggy haze of uncertainty and frustration. We find ourselves wondering, "Who am I and why am I here? What's my purpose? Why do I feel lost and overwhelmed? Why can't I find fulfillment?"

When you gain clarity, the answers to all of these questions will become clear and your life will be transformed forever. You'll regain the focus, motivation, and inner tranquility that you lost somewhere along the way. They are vital to your personal success and fulfillment.

The lack of clarity is the main cause of our derailment in life. It's the reason we keep running like rats inside a hamster wheel, going around and around but never getting anywhere. It's to get

out of the fruitless rat race - and this book will arm you with the tools to do that.

Gaining amazing clarity in your life is as easy as practicing 7 simple steps until they become permanent habits. They are well worth the time and effort because the benefits of clarity are dramatically transformative. You'll find purpose and meaning in your life and gain the wisdom and confidence to pursue and achieve your biggest goals and dreams. Are you excited? Let's jump right in!

# What is Clarity?

First, let's get clear on the meaning of clarity (no pun intended)! A great analogy is that of walking along a dark path that suddenly becomes brightly illuminated so that you're able to see far ahead.

Gaining clarity in your life frees you from ambiguity and confusion. It brings you a vivid view of what your purpose in life is and how to achieve it. Clarity is akin to having an internal map or compass that guides your thoughts and actions.

With clarity comes mental calm and inner tranquility. You gain more focus and concentration. You are able to navigate pitfalls calmly and wisely and your actions become decisive and purposeful.

Finally, when you gain clarity, you begin to realize that life can be pretty simple. We complicate it with our tendency to overthink and worry. We blind ourselves to what really matters with our desire to own more and more and to always chase after 'bigger and better' things.

Having clarity simplifies your life and liberates you from toxic behaviors and thoughts.

It's not hard to see how all of this can turn your life around. So, do you think you need more clarity in your life?

# Signs that you Lack Clarity

These are the most common signs that clarity is lacking in your life. The more of these signs you identify, the more essential it is for you to gain clarity.

- You frequently feel overwhelmed and stressed.
- You procrastinate and tend to delay things until the last minute.
- You suffer from decision fatigue, where you endlessly hesitate and overthink when having to make decisions.
- You struggle with brain fog and have difficulty concentrating.
- You often get sidetracked and go off on different tangents in the middle of doing something else.
- You feel bored with your job and with life in general.
- You feel stuck in place.
- You have a goal or dream but it's vague; you don't know where to start.
- You often feel anxious and fatigued.
- You are mentally disorganized and have trouble setting priorities or planning ahead.

- You feel inner turmoil and tension but don't know why.
- You spend more time dwelling on the past and worrying about the future than you do living in the present.

It's not hard to see how these signs could be hugely debilitating and preventing you from living the life you deserve. They are all warning signs that clarity is missing from your life, so congratulations on reading this book!

# The Life-changing Benefits of Having Clarity

Conversely, the benefits of gaining clarity are nothing short of life-changing. Here are just some of the amazing gains you can expect:

- Clarity enables you to form a clear vision of what you want in your life and in turn, to create precise, measurable goals for achieving that vision.
- Clarity crystalizes your priorities, allowing you to focus on what really matters to you.
- Clarity changes your inner self-talk which is usually negative. This relieves inner turmoil and frustration.
- Clarity helps you plan and structure your time better.
- Clarity eliminates decision fatigue.
- Clarity clears away confusion and ambiguity, allowing you to see the bigger picture.
- Clarity promotes mindfulness.
- Clarity promotes self-acceptance and self-worth.

# 7 Steps for Gaining Clarity in Your Life

Gaining clarity is not as difficult as you might imagine. These 7 steps will help lay a powerful foundation for a mindset of lifelong clarity, inner peace, and lasting fulfillment.



## **Step #1: Identify and Eliminate Major Stressors**

A major stressor is having a bad day at work, a spat with your partner or being stuck in traffic for two hours. Sure, these situations are frustrating and stressful, but they are random, everyday stressors that are just part of life. A few minutes of meditation or relaxing activities daily will easily relieve these types of stress.

Major stressors are people, situations, habits, or emotions that keep you trapped in a cycle of negativity and tension. They can take a huge toll on your physical and mental wellbeing and dramatically decrease clarity and calm.

Major stressors can include destructive relationships or past emotional traumas. They can include negative habits like compulsive overspending or shopping addiction. They can be toxic emotions like resentment, jealousy, or envy.

Identify your major stressors and take action to eliminate them ASAP. Terminate or ease out of destructive or abusive relationships. Let go of grudges and release feelings of resentment by forgiving those who have wronged you. Heal

emotional trauma by seeking therapy if you need to. Join a program for getting over a negative addiction like overspending.

Your major stressors are personal to you and your specific circumstances. Only you can identify them through honest reflection and decide on the action required to eliminate them. They are not only harming you mentally and physically but are also limiting you from seeing the bigger picture, finding your purpose, and moving forward with your life.

When you have eliminated these major stress triggers, you can start building amazing clarity onto a "clean slate." In other words, this first step is the foundation that paves the way for gaining clarity in your life.

## **Step #2: Organize and Declutter your Living Space**

Numerous studies have found that our surroundings have a powerful impact on our mental state. A messy, cluttered space literally leads to a disorganized, cluttered mind!

Several of these studies suggest that mess and clutter are also associated with behaviors such as lack of discipline, procrastination and poor productivity, qualities that are the antithesis of clarity.

Since we do most of our eating, sleeping, and living at home, a disorganized mind may be the result of a disorganized living space.

Give your house a thorough decluttering and watch your clarity blossom and soar. Here's how to go about it simply and efficiently:

- Go through your home room by room and thoroughly declutter and reorganize each room at a time.
- Take your time so that you can declutter thoughtfully and thoroughly. It may take a few weeks depending on how much clutter you've accumulated.
- Empty each room completely, including shelves cupboards and closets. Sort things you haven't used in 6 months, duplicate items and broken clutter into three piles: one for throwing away, one for donating and the third for storage.
- Give the room a good cleaning.
- Reorganize the room if possible for a more streamlined, spacious look.

- Return the items you use regularly to the room and organize them neatly.

The final result should be a tidy, streamlined living space with plenty of open spaces, clear surfaces and a spare but inviting look.

Your tidy, decluttered home will be transformed into a haven of calm and tranquility. With less clutter to process, your brain will wind down and remain clear and sharp. Your mood will improve and you will feel happy and relaxed. Add to this the fact that things will be easier to find and cleaning will be loads faster, all of which means less stress and hassle.

Decluttering your home may require some time and effort but the results are well worth it - just take care not to let clutter start accumulating again!

***Cool tip:*** If you spend long hours at your office as many of us do, consider decluttering your workspace as well. A minimalist workspace not only does wonders for clarity but speaks volumes about your professionalism and work ethic.

## **Step #3: Stay Grounded with Mindfulness Meditation**

Sadly, many people regard meditation with skepticism. They see it as a bogus practice that has no tangible results. The fact that meditation has been practiced since the dawn of history and continues to be practiced is proof that it's not a bogus fad. Additionally, the tangible benefits of meditation are very real as a wealth of research is now able to tell us.

There are many types of mediation but when it comes to gaining clarity, mindfulness meditation is the most effective. The goal of mindfulness meditation is to train your mind to stay grounded in the present. It is in the present moment, not in the past or future, that you are able to have the most clarity and purpose.

Mindfulness meditation calms an overstimulated brain and enables you to become aware of your thoughts. By calmly acknowledging them dismissing distracting thoughts, you are able to stay grounded in the present, calmly and purposefully interacting with what is happening in the moment. This is the essence of clarity.

A wealth of research also shows that mindfulness meditation can have many other powerful benefits that foster clarity. These include:

- It relieves stress and anxiety.
- It improves memory and focus.
- It promotes feelings of happiness and fulfillment.
- It calms racing thoughts.
- It promotes sleep.
- It promotes intuition and self-awareness.

### ***How to practice mindfulness meditation***

The simplest route is to go to YouTube and take your pick from dozens of mindfulness meditations. If you're new to meditation, start with short, guided meditations and gradually build up from there. Just put on your headphones, find a comfortable position and follow along.

Another option is to download mindfulness meditation tracks from specialized meditation websites, many of which are free.

Your third option is to get a mindfulness meditation app. These apps contain a large variety of mindful meditation tracks of various lengths. You can also choose an app with cool features

like meditation time alerts and meditation schedules to keep you on track.

Ideally, you should meditate daily for at least 10 minutes. Other than that, there are no fixed rules. However, the more you practice, the quicker you will train your brain to stay mindful throughout the day.

## **Step #4: Avoid Clarity-sapping Influences**

You could be exposing yourself to clarity-sapping influences without even knowing it. These are people, situations or habits that trap you in a haze of mental fog. Again, these influences are personal and depend on your specific life circumstances. However, here are some typical examples:

### **1. Clarity-sapping people**

It's a scientific fact that we become influenced by the traits and behaviors of the people we are in constant contact with. For this reason, make sure you avoid the following types of people as much as possible:

- People whose goals and personal values are in direct conflict with yours.
- Chronic procrastinators who prefer inaction over action.

- Aimless people who are drifting through life without specific goals or ambitions.
- People who see themselves as perpetual victims and blame others for their failures and failings.
- People who constantly complain and criticize.

## **2. Clarity-sapping behaviors and habits**

While it's easy to recognize that negative people can sap our clarity, habits are more difficult to identify. This is because we enjoy them and therefore, they seem harmless enough. But some of the following could be seriously sabotaging your clarity:

- Eating too much junk food. It literally numbs the brain.
- Consuming too much sugar wreaks havoc with your hormones and other body chemicals, seriously affecting brain health and cognitive abilities (not to mention the physical hazards).
- Technology is a wonderful tool but like almost anything, too much is bad for you. Excessive use of technology includes gaming, web surfing, spending hours on social media and consuming excessive entertainment. In fact, digital addiction is now recognized by the health profession as a serious problem that can affect mental health. Overindulging in these activities keeps the brain overstimulated for long

periods of time and numbs the emotions, leaving you mentally drained and hazy.

- Excessive caffeine and alcohol consumption. These give you a false "spike" but when that spike wears off, it's a case of severe brain fog and confusion. Moderation is the key here.

Gaining clarity is a case of identifying these influences in your own life and avoiding them or eliminating them altogether.

## **Step #5: Put Goals in Writing and Visualize them**

Everyone has goals and dreams. Some are small and modest, while others are grand and wild - but not necessarily unachievable. For some people, those goals and dreams that they want to achieve 'someday' are vague and far-off into the future. For others, they remain just 'wishes' that they daydream about every now and then but don't really believe they'll achieve. A person who has clarity stands at the other end of this spectrum. They know very clearly what they want to achieve and have a roadmap for getting there. Moreover, they take action every day to bring themselves closer to their goals.

Becoming this type of person is simple: put your goals and dreams down in writing and visualize them as often as you can. This will require some thought and introspection but writing down your goals will do something amazing - it will bring them to life. It will crystallize them so that they become clear tangible - and totally achievable. This method involves the following steps:

- Write down your life goal, meaning where you want to be in 5, 10, or 20 years.
- Be as specific but as brief as possible, describing your goal in one sentence. For example: "I'm going to become a famous chef with my own Michelin-star restaurant" or "My dream is to become a yoga teacher" or "I'm going to raise a great family and put my kids through college" or "My goal is to achieve financial stability."
- Once your big goal is clear, it's easy to identify and also write down the key milestones you need to reach to get there, such as earning or saving a certain amount of money, getting a specific degree or learning certain skills.
- You should now have a basic roadmap for achieving your goals. You can get even more specific by adding weekly or daily mini-goals under each milestone so that you are consistently taking action towards your goal.

- There's no need to decide on fixed deadlines as this may not always be realistic but do give yourself a loose timeframe in which to complete mini-goals and milestones.
- Practice visualizing your goal every day. This means taking a few minutes to create different scenarios where you have already achieved your goal, what your life will be like and the feelings you're experiencing.

### ***The power of visualization***

The power of visualization is backed by a wealth of scientific studies strongly suggesting that it develops clarity and makes it easier to achieve goals. How does it work? The simple answer is that visualization motivates your brain to manifest your goals.

This isn't magic but an intricate process of brain rewiring. When you visualize having attained your dream, the positive emotions that flood your mind make your brain sit up and take notice, so to speak. It recognizes that the thoughts you're having are making you feel good and therefore, are beneficial to your wellbeing.

Now, here's the catch: your brain can't tell the difference between reality and thoughts. It perceives your visualization as a physical reality that has already taken place. Because it fills you with positive emotions, your brain will create new neural pathways to enforce and expand your vision. It will keep your goal crystal-clear and top of mind. It will keep you motivated and passionate. It will feed you with creative ideas and innovative ways to keep your goal vivid and alive, making it much easier to attain. Amazing!

### ***How to do visualization***

- To visualize your goals, you can either create a vision board or simply sit down, close your eyes, and let your imagination run wild. Both methods are equally powerful.
- Be as vivid and precise as possible, visualizing colors, smells, conversations, and the details of your surroundings as if the scenes were actually taking place. But remember, you should always be the "star" of the scene!
- Consider creating an ambiance for your visualization such as playing relaxing music or diffusing some essential oils.
- Try to practice visualization daily for at least 5 minutes - the longer and more often you can do it, the better.

Writing down your goals and visualizing them opens the door to amazing clarity. It provides you with a clear perspective of

the bigger picture and what really matters to you in the end. It keeps you focused and mindful of your end goal, with a clear perception of what you need to do to achieve it.

The powerful sense of purpose and passion you gain and the sense of achievement as you move closer towards your dream will bring you calm, inner peace and fulfillment.

## **Step #6: Find your Personal Clarify Triggers**

Each of us has certain activities or situations that foster calm and clarity. It's up to you to find those triggers and expose yourself to them as often as possible. Here are some examples to illustrate what these clarity-enhancing triggers could be:

- **People**

You may have people in your life who inspire you with their passion and positivity. Being around them or talking to them fills you with optimism and gives you a positive outlook.

In times of hardship, these people may play an important role in boosting your resilience and helping you bounce back stronger than ever. Their clarity, purpose and grit will wear off on you!

If you have these types of people in your life, make sure you interact with them as much as possible and keep your relationship strong.

- **Communing with nature**

Spending time outdoors and contemplating the wondrous workings of nature can be an excellent clarity booster.

Activities like star-gazing, watching the sunrise or sunset can have an amazing impact on your inner calm and tranquility. Nature walks, hiking and camping alleviate stress and bring inner peace.

In short, communing with nature brings home the realization that life is simple and short. So many things are simply not worth the struggle.

- **Yoga and meditation**

People who regularly meditate or practice yoga are more grounded and present and mindful. Meditation and yoga not only promote mental calm but also foster self-awareness and acceptance of yourself and others.

These are just a few of the qualities that can clear up fuzzy perspectives and confusion.

- **Practicing your faith**

Strong spiritual health is another clarity-booster because it brings your values and morals into clear focus - and our values should always be our guiding compass in all that we do.

If you are religious, practice your faith consistently through prayer or other rituals to maintain good spiritual health.

Spiritual health also builds clarity by breeding acceptance, gratitude, fortitude, and compassion, all of which bring inner peace and fulfillment.

- **Music**

"Music is food for the soul" is not an empty platitude. Indeed, it nurtures a myriad of optimistic emotions as well as calm and clarity. Regularly listening to your favorite songs or tunes could well be the perfect clarity enhancer for you.

- **Hobbies**

Throwing everything to the wind and immersing yourself in your favorite hobby is the perfect mental rejuvenator. It

alleviates stress, soothes an overstimulated brain, and keeps you focused on something you love doing.

Regularly practicing a hobby enables you to resume your normal activities refreshed, re-energized and with a clear mind.

- **Exercise**

Many people find that exercise is their perfect clarity trigger and if this is true for you, go for it! What better way to stay super fit physically and super clear mentally!

## **Step #7: Get Quality Sleep**

Good sleep hygiene (the clinical term for pre-bedtime habits and sleep environment) is essential for good sleep. And quality sleep is a core pillar of clarity.

Sleep is an amazing regenerative process that rejuvenates the mind and body on every level. As we sleep, our body jumps into action, attacking and destroying toxins, healing damaged cells and tissue, stabilizing hormone levels, and bringing balance to all of the body's vital functions.

There are many ways you can develop great sleep hygiene such as:

- Establishing a healthy pre-bedtime routine that involves calming activities like a warm bath, reading, meditation or journaling.
- Creating a relaxing bedroom environment with good ventilation and bedding.
- Avoiding alcohol, caffeine, and spicy foods before bed.
- Staying away from blue light in the evenings. This is the light emitted by digital screens from TVs, laptops, and tablets.
- Having fixed bedtime and waking hours.
- Seeking medical help if you suffer from a chronic sleep problem like insomnia or light sleep.
- Get at least 7 hours of sleep each night.

Consistent quality sleep and a well-rested body and mind is the best recipe for clarity. The reason for your constant fuzziness and brain fog could simply be that your sleep quality is poor.

## 10 Simple Clarity-boosting Tips

Let's wrap up with these 10 additional tips that can be very helpful. They're a great addition to your toolbox of clarity-boosting skills and habits.

### **1. Tame your brain**

Stay alert for negative thoughts and immediately reframe them, replacing them with positive ones.

If you're having a terrible day, identify one positive thing in that terrible day and dwell on it. There's always something positive to be found in anything negative if you have the intention to find it.

## **2. Communicate clearly**

Learning to communicate clearly will spill over into your actions and the way you organize your thoughts, bringing clarity to both.

Train yourself to articulate your thoughts clearly and calmly and avoid being reactive. Likewise, listen carefully to what others are communicating to you.

## **3. De-stress every day**

Minor stresses and hassles are the norms in our daily lives but that doesn't mean we should allow stress to build up.

De-stress every day for 10 minutes by engaging in a relaxing activity, meditating, or doing deep breathing. Also, try to de-stress during breaks as well by taking a short walk or practicing deep breathing for 5 minutes. These few minutes could be all that stands between a haze of brain fog and a surge of clarity and focus.

## **4. Eat clarity-boosting foods**

These aptly named "superfoods" have been proven to nurture brain health and improve cognitive function. Include as many

of them as you can in your diet to stay clear and grounded throughout the day.

These superfoods include nuts and seeds, blueberries, fish, avocados, kale, and eggs.

## **5. Stay healthy**

This is a no-brainer. Good health naturally impacts our lives on every level. Make sure you maintain a healthy lifestyle that includes a balanced diet, regular exercise good sleep. With these basics in place, you're one step closer to gaining more clarity!

## **6. Talk it out**

Sometimes it helps to open up to a confidante when you're depressed or confused. These trusted people can be relied upon to help you organize your thoughts, perhaps give you a different perspective or just be there with loads of support and encouragement.

## **7. Keep a journal**

Recording your journey to clarity can be helpful if you love to write. Record your daily progress and assess how you think you're doing, where you went wrong and what you need to do more of.

Keeping a "clarity journal" could be a great tool for keeping you motivated and on track.

### **8. Practice gratitude**

Gratitude brings clarity to the things that really matter to you. When you regularly take the time to be thankful for your abundant life and the wonderful people in it, you find instant joy and fulfillment.

Recognizing all you have to be grateful for also enhances your sense of purpose and frees you from senseless distractions.

### **9. Reassess regularly**

Remember to assess your progress on a weekly or even monthly basis. List all of the things you have done to enhance your clarity and how far you have come on your journey. The likelihood is that you'll be amazed at the progress you've made and the changes in your life - that's all the motivation you need to keep going!

### **10. Be responsible for your own clarity**

Understand that only you can gain clarity in your life. Nobody else can give it to you nor is it down to luck or a special talent.

Taking responsibility for achieving your own clarity means you make no excuses or blame others. Nor are you responsible for clarity or lack of it in others.

Take responsibility for your journey from start to finish.

## **Conclusion**

In a nutshell, it's a matter of choice. We can choose to wander through life in a haze of uncertainty and confusion. We can choose to see life as a complicated web of risks, crises and obstacles that are almost impossible to navigate. When this is our mindset, we lose ourselves along the way.

On the other hand, we can realize that life is simple if we choose to make it so... of we choose to live it with clarity and purpose. Hopefully, your choice is the latter because it's the one that will change your life. And you have 7 powerful tools to help you every step of the way.

When you start putting these 7 powerful steps into action, your life-changing journey has begun.