



Goal: To reflect on what you have learned and who you are. To make a plan to move forward.

Affirmation: Post on a card or make it your wallpaper this week.

***I am moving forward in trust and love.
Today I begin a new beautiful chapter
of success and happiness.***

Reflect on your progress

Take some time to reflect on how you have changed and what you have learned...

- How is your life different now that you are choosing to trust God, the universe and life itself as constantly conspiring to educate and grow you?
- How has your self esteem changed now that you trust in your infinite and absolute value?
- How are you now honoring and trusting yourself?
- Are you learning to identify when something is your responsibility and when it is not? How has that changed your life?
- How has your attitude about life changed now you are choosing gratitude? Are you staying in the now? Have you let go of attachment to expectations?
- How are your relationships different now you are using the “Communication Formula?”
- Are you practicing setting boundaries and saying no? Or being more kind?
- How are you more aware of “why” you do things? How are you choosing to live from love motivation? How does life feel different in this place?
- Are you choosing to be more organized? How is it creating more peace and less stress?
- Are you offended or upset less often? Are you recognizing upset is only an option?
- How has clarifying your purpose in life and “What success looks like to you” changed your day to day life?



Keep moving forward

During the course of the Claritypoint process we have discussed change on a very personal level. We have done exercises that have helped you to gain some clarity about who you are and who you want to become. We have taught you simple formulas to help you monitor your thinking and behavior. You have gained insights and developed new habits to help in moving forward in a positive direction.

Moving forward from this experience, you will no doubt feel the drag of past habits. We have given you tools to recognize when this is happening and to help you move into clarity in each situation.

We encourage you to use these tools and formulas moving forward. It takes consistent practice and continued awareness to keep the new habits and skills you have learned.

The challenge becomes being fully present in the heat of each moment. When you are engaged in “combat” it is too late to practice what you have learned. The time to practice is now – so when you need to rely on a skill it is well rehearsed and comfortable to use.

Long term change requires dedicated practice. If you would like the breakthroughs you have experienced to become lasting traits they must be reinforced with consistent practice.

Here are a few suggestions for you to reinforce and practice what you have learned:

Prayer – Through this coaching process you have learned to trust God, the universe and the process of life. Put this further into practice by engaging in daily prayer and any other spiritual practice of yours that brings you closer to God and trusting him.

Meditation and Journaling – Meditation is a powerful tool to reinforce what you have learned. There are many ways to do it and you may need to try a few to find the right practice for you. The more you practice quieting the mind, the more control over your thoughts you will have.

Add Journaling to your meditation to have a greater impact. Journaling is a great tool in self-discovery. It gives you a chance to record your thoughts, thus enabling you to review them. It also gives you an opportunity to explore ideas and concepts and make some decisions about them, all in a space and time that is not threatening or judgmental.

As you won't be communicating with your coach each week, set aside time to journal what you have learned, what experiences have you encountered where you were able to practice your new skills, and what were your wins this week. It is also good to reflect on areas where you maybe need to practice a bit more and where things challenged you this week.



Re-read Reading Assignments – Go back through the reading assignments and find the ones that really speak to you. Re-read one each week until you go through all of them again.

Different phrases may be more significant to you this time than the first time through. Take time to contemplate the messages and how they relate to you now. Highlight phrases that speak to you or resonate with you.

Read Coach Kim's Book Choosing Clarity: The Path to Fearlessness – you can get it on Amazon's

Review the Tools – Each tool box in the coaching materials is designed to teach you a skill and give you a tool to use over and over again throughout your life. Go back and review the tools often. You will have new scenarios to apply to them with each new experience in your life. Reviewing the tools will keep them fresh in your mind so when a situation comes up you will remember how to use them.

Read your final "Who I Am Becoming" Document – Your new reading assignment is your "Who I Am Becoming" document. Now that you have fine tuned it, read it every day (even three times a day) so it can be a support to you as you continue in your process of becoming the highest best you. Clients who do this experience huge changes in their lives and their process of becoming is accelerated.

Keep in Touch with your Coach – We as coaches love to hear from our clients. Please plan to be in touch with us every 3-6 months (or more) to share what is happening in your life and how you are progressing.

Review the Practicum – It is a good idea to go back through the coaching practicum and review it again on your own. Review and complete all the exercises again seeking new enlightenment. Many of our clients continue to do this again and again.

Re-do the Assessment – Your Personal Assessment Report is a useful tool in your process of becoming. Be aware that you might be successfully over-riding your programming, but it still might show up the same in your report. Don't let that discourage you. You are doing great to consciously choose something different. You may also flip-flop and be out on the other side, this is normal on your way to balance.

Re-Engage in Coaching – Some people find it helpful to engage in coaching again from time to time, even just once a year to address new issues, and strengthen the new "you" that has been emerging.

Join a Support Group – Find out if there is a Claritypoint Support group in your area or online that you could participate in. Ask your coach if he or she has one.



Pay it forward

Here are some ideas of how to pay it forward.

- What can you do to make a difference in the lives of others in a bigger way?
- How can you share what you have learned?
- Who do you know, who would benefit from the Claritypoint Process?

Please have a “Communication Formula” conversation with these people.

Ask them what they think about life coaching.

Ask them “if they would ever be open to hearing about your experience”.

Ask them “if they would ever be open to talking to your coach or joining an upcoming coaching group.”

You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.

– Woodrow Wilson