

# How to use your Clarity Cards

You already have the wisdom you seek. These cards will help you access it.

## Prepare your deck

🖨️ Print the following five pages on heavy cardstock.

✂️ Cut each page into eight equal rectangles, using the notches on the edges as guides.

👉 Have your own favorite questions? Write them in using the blank cards on the final page.

## Know the four intentions

Each Clarity Card question helps with one of the following intentions:

**Get Unstuck:** Reclaim your momentum when struggling to make a change.

**Decide Your Next Step:** Move forward on an existing goal with confidence.

**Snap Out of It:** When facing a challenge, feel peaceful and empowered again.

**Think Bigger:** Focus on what matters most in this moment.

## Use the cards for guidance

There are countless ways to use your cards, and I'm sure you'll discover your own favorite techniques. Here is one method to get you started:

1. Write down the topic of your challenge or desire *in the form of a question*.
2. Gather the full deck of cards, or those with the most relevant intention. Place them face down and draw a single card.
3. Read the question, and without pausing to think or edit yourself, write whatever comes to mind. Spend as much time as you want with this.
4. Read what you've written, underlining anything that stands out or causes an emotional reaction. It may or may not seem related to your original question.
5. Write down the key takeaways you want to remember, as well as any action steps you commit to taking as a result of this process.

Am I willing to move forward?  
Why or why not?



How would Future Me handle  
this situation?



If I did know, what would the  
answer be?



What do I need? How could I  
give myself 1% more of this?



What is it about this situation  
that I'm afraid to see?



What is it about this situation  
that's important to me?



What's the worst that can  
happen?



Where have I seen this  
challenge elsewhere in my life?



Which option feels the most like freedom?



Decide your *Next Step*

How could this be easy?



Decide your *Next Step*

If I say Yes to this, what am I saying No to?



Decide your *Next Step*

What is there to see that I'm not yet seeing?



Decide your *Next Step*

What would Future Me do?



Decide your *Next Step*

What would I do if I knew I couldn't fail?



Decide your *Next Step*

What's the one thing I could do that would make everything else easier or unnecessary?



Decide your *Next Step*

What's the real challenge here for me?



Decide your *Next Step*

Who would I be without these thoughts?

*Snap Out of It*

Do I need to hang on to this (belief, person, situation)?

*Snap Out of It*

How do I want to feel? Am I willing to feel this way?

*Snap Out of It*

Is it true?

*Snap Out of It*

What am I making this mean?

*Snap Out of It*

What three gifts can I find in this challenge?

*Snap Out of It*

What would feel like love right now?

*Snap Out of It*

What would Future Me say about this situation?

*Snap Out of It*

Who most needs my love today?

Think *Bigger*

How can I serve today?

Think *Bigger*

What do I need to know today?

Think *Bigger*

What do I really want?

Think *Bigger*

What sounds fun?

Think *Bigger*

What's most important to me?

Think *Bigger*

Who am I?

Think *Bigger*

Who do I want to be?

Think *Bigger*



Get Unstuck



Get Unstuck



Decide your Next Step



Decide your Next Step



Snap Out of It



Snap Out of It



Think Bigger



Think Bigger