

The 5-Day Life Clarity Challenge

A short, honest workbook for anyone who feels stuck,
unsure of their next step, or ready for a change.

One life. Make it count. No regrets.

Grab a pen, find a quiet 15–20 minutes each day,
and be honest with yourself. That's all this takes.

DAY ONE

Take stock of where you really are

Before you can move forward, you need an honest starting point.

Today's exercise: Write down the answers to these three questions, without editing yourself.

What part of my life feels most out of alignment right now?

What am I tolerating that I've stopped noticing?

If nothing changed from here, how would I feel in five years?

There's no right answer. The goal is just honesty.

DAY TWO

Reconnect with what matters

Clarity doesn't come from more information — it comes from knowing your own values.

Today's exercise: List 5–7 words that describe what matters most to you (e.g. freedom, connection, security, adventure, creativity). Then rank your top three.

My 5–7 values:

My top three, ranked:

Does my current life actually reflect these?

DAY THREE

Find the regret you're avoiding

Most people already know, somewhere, what they're avoiding.

Today's exercise: Complete this sentence five different ways — "If I'm honest, I've been putting off..."

1.

2.

3.

4.

5.

Don't judge what comes up. Circle the one that stings the most — that's usually the one worth paying attention to.

DAY FOUR

Picture the life, not just the goal

Goals can feel abstract. A picture of daily life is easier to actually move toward.

Today's exercise: Describe an ordinary Tuesday in your ideal life, in detail.

Where do I wake up, and how do I spend my morning?

Who is around me during the day?

What kind of work fills my day?

The goal isn't a fantasy — it's a compass.

DAY FIVE

Choose one small, real step

Clarity without action just becomes another idea that goes nowhere.

Today's exercise: Based on everything from the last four days, choose one small step you can take this week.

My one small step:

The date and time I'll do it:

Make it concrete, not vague.

Where to go from here

Finishing this challenge doesn't mean you have it all figured out — it means you've stopped avoiding the questions. That's where real change starts.

If you'd like support turning this clarity into a plan, that's exactly what coaching is for.

Book a free discovery call at onelifeunleashed.com

One life. Make it count. No regrets.



Scan to visit onelifeunleashed.com