

5 Questions Most People Are Afraid to Answer

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*A clarity worksheet for women who are ready to stop pretending everything is fine.
These aren't comfortable questions. They're not supposed to be.
Find a quiet moment. Be brutally honest. Nobody has to see your answers but you.
Get the clarity you need for a life you love!*

1. What is the single biggest thing holding you back right now — and what will your life look like in five years if you never deal with it?

2. What version of yourself are you hiding from the people around you? And what would actually change if you stopped hiding her?

3. What is the one story you keep telling yourself that isn't true? You know the one — the one that sounds reasonable but is really just fear with a good excuse.

4. What is the one fear that is quietly running most of your decisions right now? Where does it show up — and what would your life look like if you stopped letting it drive?

5. If the people who love you most could see exactly what's going on inside your head right now — the doubts, the dreams, the things you don't say out loud — what would they tell you to do?