

TEODORA CANDREA COACHING

3 STEPS
to
CLARITY
and
PURPOSE

A GUIDE

www.teodoracandrea.com
coach.teodora@gmail.com

Teodora Candrea
COACHING

GET CLARITY FIND PURPOSE

INTRODUCTION

Oh Hey,

Do you often feel confused and overwhelmed, that everyone else has it 'all together' but yourself? Do you feel you have no direction and you don't know where your life is heading?

Or are you in a comfortable situation, in a pretty stable job, you have everything you've aimed for so far but still feel there's **more to life than this?**

If so, it's likely you are lacking clarity.

Why is clarity important?

Lack of clarity makes daily life decisions hard to handle and can lead to extreme burnout. It leads to frustration and ultimately to an unfulfilled life.

CLARITY IS IMPORTANT BECAUSE IT:

1. Reveals Purpose

- What do you stand for? What's important to you?

2. Provides direction

- Where exactly are you going in life?

3. Brings focus

- You know what steps to take ahead. Cut the mind fog.

4. Empowers you

- You know who you are, what you want to do, why and how you want to do it.

5. Enhances collaboration

- It's easier for others to support you if they know what you stand for.

6. Builds resilience

- Helps you move forward, no matter the obstacles.

7. Builds confidence

- Develop confidence in your abilities, skills and capacities.

GET CLARITY FIND PURPOSE

INTRODUCTION

Now you've gained a little more awareness on why having clarity in life is important.

But how do you know if you actually lack clarity?

SIGNS YOU'RE LACKING CLARITY:

- You constantly question yourself.
- You doubt yourself and struggle with small decisions.
- You feel confused, frustrated or overwhelmed.
- You say 'yes' to everything because you can't prioritize.
- You constantly ask others for advice and reassurance.

How many times have you asked yourself

What do I actually want from life?

At this point you might have had the realization that your clarity could be improved. The next question is **how can you overcome your lack of clarity?**

This guide will provide you **3 easy steps to gain clarity** and **find purpose** in your life. It's a deep journey, so I suggest to find a quiet place and allow yourself some quality time to reflect on the suggested exercises and raised questions.

Enjoy the ride!

GET CLARITY FIND PURPOSE

IN 3 EASY STEPS

1. FIND
YOUR SPARK

Connect with what's alive within you

2. SHAPE
YOUR
FUTURE

Visualize your best life

3. EMBRACE
THE CHANGE

Take action. Alignment



“

For what it's worth: **It's never too late to be whoever you want to be.** I hope you live a life you're proud of, and if you find you're not, **I hope you have the strength to start over again.**

-

F. Scott Fitzgerald



I. FIND YOUR SPARK

A look inward.

What guides you in life?

A life without expressed values can be suffocating. A life without manifested strengths can feel exhausting.

When you live your values and express your strengths, life becomes meaningful.

FIND YOUR SPARK

A LOOK INWARDS

VALUES

Values are a central part of who you are - and who you want to be.

Your core values guide you in any situation and they help you make the most appropriate choices. Most of life decisions are about what you value most.

Your values express your deepest held beliefs. Genuinely knowing these deep aspects of yourself will open the door towards living a more meaningful life.

What value do you bring into the world?

PRACTICE: AN EXERCISE

1. Make a list of 20 of your **top values**. Take your time to think of all the values that best define you and list them below:

2. Review the list of values provided in the [Index](#) page. Add the ones that resonate with you. Complete the previous list:

FIND YOUR SPARK

A LOOK INWARDS

3. Pick the top 3 values that best define you and list them below:

4. For each value, take a few minutes to reflect what it means to you. Why is it important? Try to define it on your own terms. Next, how do you put it into practice?

Value I: _____

- What it means to me is
- Is important to me because ...
- I apply it in my life by ...

Value II: _____

- What it means to me is
- Is important to me because ...
- I apply it in my life by ...

Value III: _____

- What it means to me is
- Is important to me because ...
- I apply it in my life by ...

FIND YOUR SPARK

A LOOK INWARDS

STRENGTHS

Strengths sit on the foundation of values.

Now that we know what's important to you, let's dive deep into what are those positive qualities you possess. What are the talents that set you apart?

If you're new to strengths or you'd like a more comprehensive assessment, you can take a strengths test [here](#) by using the VIA Inventory of Strengths online.


What are your super-powers? List them below:

How can you stimulate your values through your talents?

Food for thought:

- Are your values in sync with your strengths?
- Are you expressing them profoundly in your daily life?
- How could you apply them more consistently?
- How do you regulate your strengths? Are they overused? Underused?

Purpose is found when you blend your values with your strengths.



II. SHAPE YOUR FUTURE

A creative process.

Design a vision for your life. How would your ideal life look like?

Does life happen **to you?** **For you?** Or **through you?**

When you have a vision ahead, you are more engaged and your life becomes joy- and meaningful.

SHAPE YOUR FUTURE

ENVISION YOUR LIFE

VISION

Vision clarifies purpose and helps you move towards it.

Does your life reflect what you want?

Having a vision is paramount, because it gives direction and eases the path to accomplish your goals and dreams. It's your passport towards **making progress**. Research indicates that people who have a vision are more likely to be successful.

PRACTICE: PROMPTS

- **What activities give you energy? What activities drain your energy?**

The activities that energize me are

The activities that drain my energy are

- **How does the perfect day in your life look like?**

- **How would you like to be remembered? List at least 5-7 things. Why are these important to you?**

SHAPE YOUR FUTURE

ENVISION YOUR LIFE

- What pain do you want to solve in the world? Why?

- At the end of your life, what will your accomplishments be?

- Imagine your life 15 years from now. How would it look, ideally?

What would the best version of yourself do?

- Reflection. How have these questions helped you towards a more clear purpose? How can you better live your purpose?



III. EMBODY THE CHANGE

A step forward.

You know what's important to you and what gifts you bring into the world. You also know how you would like to live your life.

Are your actions aligned with your values?

It's time for you to start walking into the direction you've chosen.

Action creates opportunity. Opportunity creates action.

EMBODY THE CHANGE

WALK YOUR PURPOSE

TAKE ACTION

It's time to translate your vision into actionable goals.

From the previous stage of 'Shape your future', identify what you want to achieve. These are your long term goals. Don't overthink how you will get there.

- **My long term goals are:**

Next, take **micro-actions**. Identify what you can do in the next three months to get you closer to your goals. List at least 3 actions you want to focus on in the next 30, 60 and 90 days.

Complete the planning table below:

	Strategies & actions I focus on	What can get in the way?	I will overcome my obstacles by
30 days			
60 days			
90 days			

Food for thought:

- Are your strategies aligned with your values?
- What are the habits to propel your purpose?
- What new habits do you need to acquire and ensure your journey?

Your present actions should look like the future you've envisioned.

EMBODY THE CHANGE

WALK YOUR PURPOSE

A FEW TIPS:

● Invest in yourself

Once you know the life you want to have and what you'd like to change, throw yourself into it. Dive deep!

- Read about the things that bring out the spark in your eyes.
- Sign up for courses and workshops.
- Experiment. Try new things.

● Find a support community

Network and connect with like-minded people. Reach out to anyone in your current circle and talk about your vision. People are more keen to help, if they know exactly with what they can help you with.

● Daily commitment

Each day, commit to do at least one thing that gets you closer to your goals and purpose. Acknowledge all progress you make. Remember, **small progress is better than no progress.**

● Be persistent & consistent

IT'S A WRAP!

Congrats! You've already come a long way into **gaining clarity.**

However, **you've just scratched the surface!**

I encourage you to keep up the good work and dive deeper!

Do you feel you need some support on your journey? Feel free to reach out for a (free) virtual coffee and let's chat! Book [here](#).

INDEX



VALUES LIST

Acceptance	Fairness	Peace
Achievement	Fame	Personal Development
Advancement & Promotion	Family Happiness	Personal Expression
Adventure	Fast Pace	Planning
Affection	Freedom	Play
Altruism	Friendship	Pleasure
Arts	Fun	Power
Awareness	Grace	Privacy
Beauty	Growth	Purity
Challenge	Harmony	Quality
Change	Health	Radiance
Community	Helping Others	Recognition
Compassion	Helping Society	Relationships
Competence	Honesty	Religion
Competition	Humour	Reputation
Completion	Imagination	Responsibility & Accountability
Connectedness	Improvement	Risk
Cooperation	Independence	Safety & Security
Collaboration	Influencing Others	Self-Respect
Country	Inner Harmony	Sensibility
Creativity	Inspiration	Sensuality
Decisiveness	Integrity	Serenity
Democracy	Intellect	Service
Design	Involvement	Sexuality
Discovery	Knowledge	Sophistication
Diversity	Leadership	Spark
Environmental Awareness	Learning	Speculation
Economic Security	Loyalty	Spirituality
Education	Magnificence	Stability
Effectiveness	Making a Difference	Status
Efficiency	Mastery	Success
Elegance	Meaningful Work	Teaching
Entertainment	Ministering	Tenderness
Enlightenment	Money	Thrill
Equality	Morality	Unity
Ethics	Mystery	Variety
Excellence	Nature	Wealth
Excitement	Openness	Winning
Experiment	Originality	Wisdom
Expertise	Order	
Exhilaration	Passion	


RESOURCES

A few resources on the topic. Initial list is quite long so feel free to reach out to me if you want more guidance.


BOOKS:

-  *'Man's Search for Meaning' by Viktor Frankl*
-  *'The Alchemist' by Paolo Coelo*



ONLINE COURSES

-  *'The Science of Well-being' - The Yale University*
On Coursera FREE

TED TALKS

-  *Finding Clarity in your calling*
<https://www.youtube.com/watch?v=7WJ-jMmylbw>

RESEARCH

-  *The ideal self as the driver of intentional change*
RE Boyatzis, K Akrivou Journal of management development, 2006
-  *Research on calling: What have we learned and where are we going?*
RD Duffy, BJ Dik Journal of Vocational Behavior, 2013

THANK YOU

THANK YOU

I hope you found this guide a useful resource.

I'd be happy to hear your feedback!

I encourage you to drop me a few lines and tell me more about your experience.

✉ coach.teodora@gmail.com
or complete this [form](#).



Let's grab a virtual coffee and have a meaningful
conversation ([availability here](#))
www.teodoracandrea.com

WITH GRATITUDE,

Teodora

IF NOT NOW

then when

Teodora Candrea
COACHING