

Welcome to

# The Life Clarity Workbook

Start working on what you truly desire

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# Index

1. Introduction to the work	2
2. Life Assessment	3-4
3. Belief System Check part 1	5-7
4. Belief System Check Part 2	8
5. Belief Anchoring	9-10
6. Decision Time	11-13
7. Distractions	14
8. Wipe It Clean	15
9. Reflection Section	16
10. Thank you	17

## Introduction

We live in a world that is constantly changing. To make matters worse, there is non-stop noise bombarding us everywhere we go. Begging for our undivided attention for the exchange of instant gratification. As a result, we end up spending our time in those activities rather than the activities that truly contribute to our happiness and future.

When we try to work on our future, the temptations arise and endless possibilities present themselves, leading us right back where we started; confused.

In my personal experience, I reached a point in my life that got close to a depression and loss of interest. My choices led me to feel as if I kept sinkin in a full tank of water. I realized that it could not continue and that's when everything needed to stop. After Self-development training, coachings, seminars, youtube videos, reading books, podcasts and all you can think of, I realized that I had the answer all along. I was just asking the wrong questions.

I went on a journey to figure things out and in this booklet you will find the questions that helped me get out of the rut I was in. Today, I use these questions to help my clients when we begin the coaching journey.

Answering these questions helped me beat my procrastination, cut through the noise, feel better about myself, my self worth and to gain clarity on what I truly desire in my life and future.

Today you get to go through the questions that helped me most and have contributed to living a more fulfilled and happier life.

So without further ado, I'd like to welcome you to the start of a new chapter in your life if you are open to it.

### **Before embarking in these questions, please keep a few things in mind:**

1. No one will see your answers so keep it 100% honest or it will not serve you.
2. Give it your very best by taking the time to really think about the questions and they make you feel. The whole point is to connect with your inner self here and identify what needs to be modified in your life.

## Life Assessment

Please rate yourself in these questions from 1 to 10. The higher the number, the higher the satisfaction you feel.

### Health (Mind & Body)

1. How happy are you with your overall health and wellness in general (body and energy)?  
1 2 3 4 5 6 7 8 9 10
2. How happy would you like to feel with your overall health and wellness in general (body and energy)?  
1 2 3 4 5 6 7 8 9 10
3. How would you rate your overall peace of mind, emotional stability, and daily mindset?  
1 2 3 4 5 6 7 8 9 10
4. How would you like to feel emotionally and mindset every day?  
1 2 3 4 5 6 7 8 9 10

### Relationship

5. How would you rate your overall quality of your current intimate relationship? If not in a relationship currently, please rate your past or most recent relationship?  
1 2 3 4 5 6 7 8 9 10
6. What rating would your loved one give you?  
1 2 3 4 5 6 7 8 9 10
7. How would you like to feel in your intimate relationship?  
1 2 3 4 5 6 7 8 9 10

### Accountability

8. How effectively do you meet and complete each outcome you set for yourself each day?  
1 2 3 4 5 6 7 8 9 10
9. How would you like to feel about your personal productivity and performance at home or in your workplace everyday?  
1 2 3 4 5 6 7 8 9 10

## **Career**

10. How happy & fulfilled are you by what you do for a living?

1 2 3 4 5 6 7 8 9 10

11. How would you like to feel about your career or business?

1 2 3 4 5 6 7 8 9 10

## **Finances**

12. How comfortable do you feel about your financial situation both present and future?

1 2 3 4 5 6 7 8 9 10

13. How would you like to feel about your financial status?

1 2 3 4 5 6 7 8 9 10

## **Contribution**

14. How happy are you with your ability to lead, help and contribute to the lives of others?

1 2 3 4 5 6 7 8 9 10

15. How would you like to feel about your ability to lead others and contribute to society?

1 2 3 4 5 6 7 8 9 10

## **Family**

16. How present are you with your family and constantly nurturing your connection?

1 2 3 4 5 6 7 8 9 10

17. How present and connected to your family would you like to feel?

1 2 3 4 5 6 7 8 9 10

## **Friends**

18. How much fun and positive energy does your close social circle bring you?

1 2 3 4 5 6 7 8 9 10

19. How much fun and positive energy would you like them to bring you?

1 2 3 4 5 6 7 8 9 10

## Belief System check Part 1

The truth is that we can strategize all we want and gain the clarity but our dreams and goals will not manifest unless we get our belief system and attributes right.

**Beliefs:** worthy / good enough / valuable / loveable / resilient / capable / etc.

**Attributes:** Empathy / Creative / Selflessness / Decisiveness / Accountability / Humility / etc.

### Let's dive in. Ready?

1. What is one goal you've wanted to achieve but can't seem to get started or to achieve it?
2. What beliefs have prevented you from reaching your goal?

### Let's explore a little deeper.

**Try to visualize the beliefs you mentioned above and how much they weigh on your life right now. Feel that weight in your body.**

1. What did it cost you in your past and in your present (think deep and in detail. Try to feel that loss in your body)
2. What are they costing you financially?
3. What's the cost of these beliefs on your self esteem?
4. How do you feel about yourself in terms of being powerful?
5. What does it do to your self confidence?
6. How do they affect your energy?
7. What do you think of yourself living by these beliefs?

8. What do you say to yourself when you look at yourself in the mirror knowing that you have allowed them to control you for this long?
9. How does your face look, when you think of living with these beliefs?
10. What kind of role model are you being for your kids or anybody you love?
11. Think of all the costs financially, health, relationships these beliefs create in your life.

**Take that weight and those thoughts you just had and imagine moving 5 years into the future and carrying that pain, limitations, and feelings and things you missed out on with you.**

1. Look in the mirror 5 years from now and as you come to the mirror look at your face and how are you looking after carrying those limiting beliefs?
2. What has been the price on your self esteem?
3. What is the cost of your finance, family, physical energy?
4. What did you miss out on because of these beliefs?
5. Think about giving up that power for 5 years. What has been the cost?
6. What do you say to yourself in the future after living with this for 5 years?

**Now take it all and drag it 10 years. Look in the mirror and how do you feel, how do you look.**

1. After living like this for 10 years, how do you FEEL?
2. How much pain have you experienced?
3. What has been the cost on your life experiences?
4. What's been the total price on your life because of these beliefs?
5. How proud do you feel about yourself after living with these beliefs for 10?

6. Are you willing to live life with these beliefs even though they will create such a negative impact in your life?

**Feel the pain, Ask yourself questions that will reveal the pain you will have. Write down below the pain that it causes you after living like this for 10 years. Really dig deep and express everything you can.**



## Belief System Check Part 2

The great thing is it hasn't happened yet. You have the chance to change your future and take control today. Right from this second, you have the power to take charge and make decisions that will benefit your life.

You are most likely sitting down so let's do the first step into change. Move around to get the muscles activated and blood flowing. Then change your body posture by sitting up right with your back straight, your shoulders down and breathe. Breathe in and out. Get that beautiful oxygen in and imagine you are releasing those beliefs as you breathe out. .

Remember that we are in the now. Feel your toes, your legs, your hip, stomach, move up to your shoulders and then your arms. Try to feel your whole body as you continue to breathe.

You might be asking why do I need to do this? So if you skipped that part above, please go back and follow it. You have committed yourself so far by answering the questions with honesty so keep it up. We need to get ourselves in a great estate and adopt two new beliefs that will help us get what we want out of life.

Let's put ourselves in a state of excitement and ready for more happiness.

### **Let's dive in. Ready?**

1. What are two beliefs that will help you feel empowered, motivated, unstoppable?
  - 1.
  - 2.
2. Create one sentence with each belief. Make it a phrase that will empower you. Two powerful sentences that when you hear it, they will empower you to move forward and change your future.
  - 1.
  - 2.

### **Let's install them:**

3. Let's attach pleasure to those beliefs. Take a deep breath in and let's imagine what kind of pleasures we will be feeling when we feel those beliefs in our lives. We think by them, we act by them and we live by them.

### **Now let's really install them.**

**Imagine that you have lived with these new beliefs for the next 5 years.**

**Notice the powerful impact these two powerful beliefs have had on you.**

1. What you have achieved, enhanced your personality, how has your confidence gone up?
2. Take a look in the mirror.
3. How do you look?
4. Are you excited?
5. Are you smiling and looking alive?
6. How are your relationships?
7. Financially?
8. How have they impacted all of these after living with these beliefs?
9. Take a good look.
10. What kind of role model are you?

Imagine now living with these empowering beliefs for ten years now?

1. Do you look younger or older?

How do you feel about yourself? (describe it in detail)

What has changed? How is your life greater?

**Step into the future 20 years from now. Feel the happiness, joy security and look in the mirror and take a look and feel what it feels like to live like this.**

Where are you?

Who are you sharing this moment with?

How are you enjoying this moment looking back and seeing all that you have achieved thanks to that decision you made 20 years ago?

How do your loved ones see you as?

How do you see yourself in the mirror? What comes to your mind as you see yourself?

## Decision Time

Now, compare the situation with your old beliefs to the situation with the new beliefs. Which one do you want to have? You are about to take responsibility for your future NOW. No one is in charge of your future anymore, not life, not chance, not family no one. You are now in charge of your future and it will be guided by each decision you make from now on. You are in power now. Make a conscious decision now because you have to stick to it.

Where you were headed before or where you are headed now?

### **Goal setting:**

1. Write down in detail, how these new beliefs will empower you to achieve your goals.

2. Write goals you want to achieve in your life (if you are at home play relaxing music). Don't worry about what your goals are, it doesn't matter. List down the goals you want to achieve below.

3. Go back to the previous page and label each goal with how long it will take you to achieve them. Can be 3 months, 6 months, 1 year, 5 years, 10 years. Give it a meaningful number. Don't worry about how you will achieve them. What matters most now is that you visualize the goals and achieving them thanks to your two new beliefs.

4. What is the easiest thing you can do now or in the next few minutes to start working on any of the goals you wrote above? Write it down below.

5. What is the second thing you will do?

6. The third thing?

7. How will you feel while you are doing these tasks?

8. Why is it so important for you to achieve this goal?

**“Seeing is believing.”**

Before you move on, there is something we need to take care of. That is the belief that it is possible. One of the greatest reasons why people don't go after their goals is because they lack the belief that it is possible. So take a minute to visualize it happening. See it come to life and try to feel what it is like to have achieved what you wanted. Describe it below in your own words.

## Distractions

**When we set out to achieve a goal, we encounter distractions. Situations that move us away from what we set out to achieve in our lifetime.**

List below the distractions that do NOT serve your goals.

- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 

What can you do today to minimize / eliminate distractions from your daily life?

Why is it important to eliminate those distractions from your life?

What will it cost you if you don't eliminate those distractions?

## Wipe It Clean Baby!

Which people do you need to stay away from in order to focus on your goals and not be deterred?

What do you need to get rid of in your home that is not serving your goals?

What should you stop eating in order to feel more energized, healthy?

Where are you spending your time that does not serve your goals?

What kind of people do you want to have around you?

What do you want to spend more time doing that serves your goal?

How will you set your day for success?

Why is it important for you to clean up your life?

What will happen if you don't do this for yourself?



## Reflection Section

**Take ten minutes to reflect on the process you have gone through and what your key learnings are. It is important to self reflect and foresee situations that might hinder our success.**

## Congratulations



I want to personally congratulate you on taking on this challenge, finally focusing on simplifying your life and taking action on creating your bright future.

If you feel that you would like to have an accountability partner and someone to discuss your points in your Life Assessment or progress please contact us at any time. We would love to help you get what you deserve and desire most.

Congratulations once again and looking forward to hearing about your progress.

Sincerely,

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