

# Empowering Visions Clarity Session

Direction • Alignment • Intentional Momentum



## **Purpose of This Worksheet**

This worksheet is designed to help you pause, reflect, and bring awareness to where you're headed — not just what you're doing. There are no right or wrong answers. The goal is honesty, clarity, and intention.

Use this during the session, then return to the journal prompts over the following days as insights continue to unfold.

# Part 1: The Empowering Visions Framework

The Empowering Visions Framework is designed to help you understand **how your direction, approach, daily rhythms, and support system work together** to shape your momentum.

Rather than focusing on goals alone, this framework helps you step back and look at the whole picture — so you can move forward with intention instead of pressure.

When these four elements are aligned, progress feels clearer, steadier, and more sustainable.

## The Four Elements

### Vision — Where you're headed

Your vision provides direction. It's not just about what you want to achieve, but why it matters and what you're moving toward long-term.

### Strategy — How you're approaching it

Strategy is the bridge between vision and action. It includes mindset, the models or methods you're using, and how you're creating momentum.

### Habits — What you're reinforcing

Habits are the daily and weekly rhythms that quietly shape results. They either support clarity and energy — or drain them.

### Collaboration — Who or what supports you

Growth rarely happens alone. Collaboration includes people, structures, environments, and systems that help you stay aligned and supported.



## How to Use This Framework Today

As you move through the session and this worksheet, notice where things feel aligned — and where they feel unclear or stretched.

This is not about fixing or judging. It's about awareness and intention.

The questions that follow are designed to help you reflect on each element with honesty and curiosity.

# Part 2: Clarity Session — Guided Reflection

## Guided Reflection | Journal Prompts

### 1. What are you currently moving toward in this area?

As you reflect on this area of your life, name the vision you have for it.  
What are you hoping to move toward?

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### 2. If nothing changed, where would your current trajectory take you by the end of the year?

Imagine continuing on this same path.  
Where would you likely be by year's end — and how would it feel emotionally, mentally, and physically?

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### 3. What feels aligned and supportive right now?

Notice what's already working.

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**4. What feels forced, heavy, or unclear?**

Without judgment, notice where things feel effortful or out of sync.

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**5. Where might greater alignment between your vision and your actions create more momentum?**

Where could small shifts allow progress to feel more natural and supported?

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# Part 3: Applying the Framework — Deeper Dive

Now that you've been introduced to the Empowering Visions Framework, use the questions below to explore where you are right now.

There are no right or wrong answers. Write what feels true — even if it feels incomplete.

## Vision — The direction you're choosing

How would you describe the vision you currently hold for this area of your life?

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What feels most meaningful, energizing, or important about this vision?

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What feels clearer or more defined now than it did before?

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## Strategy — How you're approaching it

Which approaches feel aligned with how you naturally think, work, and decide?

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What have you learned about how you build momentum best?

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Where might greater focus, simplicity, or ease support forward movement?

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**Habits — What you're reinforcing daily or weekly**

Which habits or routines are currently supporting you?

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Where are you already showing up more consistently than you give yourself credit for?

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What rhythms help you feel grounded, focused, or capable?

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**Collaboration — Who or what supports you**

Where are you supported right now — by people, systems, or environments?

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Where might connection, guidance, or accountability help?

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What kind of support would make this season feel more sustainable?

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## Part 4: Direction Check

Take a moment to zoom out and notice your current trajectory.

Circle or mark what feels most accurate right now:

- I feel aligned and clear about where I'm headed
- I feel partially clear, but scattered or stretched
- I feel uncertain or misaligned and want clarity

What feels most important to acknowledge at this point?

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# Part 5: Integration Questions (Post-Session)

Return to these prompts over the following days. You don't need to answer all of them at once. Let them unfold naturally.

## Vision Integration

What parts of your vision feel most alive right now?

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Where might your vision be ready to evolve or mature?

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What no longer needs to be held so tightly?

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## Strategy Integration

What approaches feel most natural and sustainable for you?

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Where have you been overcomplicating something that could be simpler?

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How does momentum feel when it's built with intention instead of force?

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## **Habit Integration**

Which habits consistently support your energy and clarity?

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What small adjustment could make your days feel more aligned?

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If your habits reflected who you're becoming, what would they look like?

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**Reflection & Awareness**

What are you noticing about yourself in this season?

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Where do you feel proud of your growth or awareness?

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What feels ready for your attention next?

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**Closing Reflection**

One insight you want to carry forward from this session:

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One small, intentional step you feel drawn to take next:

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**Clarity is not something you force — it's something you create space for.**

Return to these pages as often as needed.

