

She Who Plans: Clarity Starter Pack



Its time to gain clarity, reset your focus, and direction

Name:

Section 1: The Life Check-In

Take a moment... this is for you.

Not for your children, your partner, your responsibilities, or everything you carry day to day—just you.

Life can become so full, so fast, that without even realising it, you can lose sight of how you actually feel, what you actually need, and who you are outside of everything you do for others. You keep going, holding it all together, pushing through the overwhelm... but rarely stopping to check in with yourself.

This page is your space to pause.

To be honest.

To release what you've been holding in.

There is no right or wrong here—just truth.

And the truth is powerful. Because when you allow yourself to really see where you are, you also give yourself the opportunity to change it.

This isn't about judgement.

This is about awareness.

And awareness is the first step towards clarity, control, and a more fulfilling life.

Take your time and answer openly

1. How do I truly feel in this season of my life?

Go beyond “I’m fine.” Try to put real words to your feelings.

- **Do I feel calm, overwhelmed, lost, tired, motivated, stuck?**
- **Where do I feel this most—in my mind, my body, my emotions?**
- **If I had to describe my current state in a few words, what would they be?**

2. What has been weighing on me lately?

Think about what’s been sitting on your mind, even when you try to ignore it.

- **What thoughts keep coming back?**
- **What feels heavy or hard to deal with right now?**
- **Is this something recent, or has it been building over time?**

3. Where in my life do I feel most overwhelmed or out of control?

Look at the different areas of your life.

- **Is it work, home, finances, relationships, or everything together?**
- **What feels messy, unstructured, or constantly on top of me?**
- **When do I feel it the most—morning, evening, or throughout the day?**

What feels

When do I

4. What have I been pushing aside or avoiding?

Be honest here—this is where growth starts.

- **Is there something I know I need to face but haven't?**
- **What am I telling myself to delay dealing with it?**
- **How is avoiding this making me feel?**

5. When was the last time I felt like me? What has changed since then?

Reconnect with that version of you.

- ***What was I doing? How was I living?***
- ***How did I feel within myself during that time?***
- ***What responsibilities, situations, or changes have shifted since then?***

Go Deeper

If you feel comfortable, go a little deeper here:

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Section 2: The Reality Breakdown

Now we shift from awareness to why.

Now that you've taken a moment to check in with how you feel, this page is about understanding why you may be feeling this way.

Often, overwhelm doesn't come from one single thing—it builds over time. Small pressures, responsibilities, and habits begin to stack up, until everything starts to feel like too much.

This isn't about blaming yourself.

This is about bringing awareness to what's really going on beneath the surface.

Because when you can clearly see what's draining you, taking your time, and pulling you out of alignment... you can begin to take your control back

Your Life Breakdown

Take your time. You may start to notice patterns—that's where your clarity begins.

1. Your Time

Where is your time currently going?

Reflect honestly on your day-to-day life:

- What takes up most of my time each day?
- How much time do I spend on others vs myself?
- Do I feel like I have enough time, or am I always rushing?
- Where do I feel like my time is being wasted or not used well?

Pattern Awareness

Before moving on, pause and reflect:

- What stands out to me the most from this page?
- Where do I feel the biggest imbalance?
- What is one pattern I can clearly see in my life right now?

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Section 3: The Vision Reset

You've taken the time to reflect on how you feel and understand what's been weighing on you.

Now, this is your moment to lift your head up and look forward.

Because no matter where you are right now, you are not stuck—you just haven't had the space to reconnect with what you truly want.

So often, life becomes about responsibilities, routines, and getting through the day... that you lose sight of your own vision.

This page is about reconnecting with you.

Your desires.

Your needs.

The life you actually want to create.

Don't overthink this. Don't limit yourself.

Just be honest.

Because the moment you allow yourself to see a different vision...

is the moment things can begin to change.

Your Vision

Take your time. Let yourself think beyond your current situation.

1. What do I actually want for my life right now?

This is about your truth—not what others expect of you.

- **What do I want more of in my life?**

3. Who do I want to be moving forward?

This is about your identity, not just your situation.

- How do I want to show up in my life?
- What kind of energy do I want to carry?
- What habits or mindset would I like to have?
- What version of me have I been missing

4. What have I been putting off that could move me closer to this life?

This connects vision to action.

- Is there something I've been wanting to start or change?
- What has been holding me back?
- What would happen if I gave myself permission to try

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Section 4 : The First Step Plan

You've taken the time to reflect, understand, and reconnect with what you truly want.

Now comes the part that creates change—action.

Not big, overwhelming changes.

Not trying to fix everything at once.

Just one step.

Because real progress doesn't come from doing everything perfectly...

it comes from choosing to move forward, even in small ways.

This page is about helping you take that first step with intention, clarity, and honesty.

Your First Steps

Keep this simple. Focus on what feels realistic and doable.

1. One thing I will change this week

Choose something that will make a real difference, even if it feels small.

- **What is one area of my life that needs immediate attention?**
- **What small change could make things feel lighter or more in control?**
- **What is realistic for me to commit to this week?**

 *My one change:*

2. One boundary I will set

Boundaries protect your time, energy, and wellbeing.

- **Where in my life do I feel stretched too thin?**
- **Is there something I need to say no to?**
- **Where do I need to create more space for myself?**

 *My boundary:*

3. One thing I will do for myself

This is about reconnecting with you.

- **What makes me feel calm, happy, or recharged?**
- **When was the last time I did something just for me?**
- **What is one simple thing I can bring back into my life?**

 *For me, I will:*

4. What support do I need?

You don't have to do this alone.

- Do I need guidance, structure, or accountability?
- What would help me stay consistent?
- Where do I usually fall off, and why?

 *The support I need:*

Commit to Yourself

Before you move on, take a moment:

- Am I truly ready to make this change?
- What could get in my way?
- How will I hold myself accountable?

Reflection

Small steps lead to real change—but staying consistent is where transformation happens.

Am I ready to commit to myself beyond just today?

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Section 5: Your Next Step

Take a moment to acknowledge what you've just done.

You've paused.

You've reflected.

You've been honest with yourself.

And that alone is powerful.

Most women don't give themselves this space.

Most keep pushing through, carrying everything, and putting themselves last.

But you didn't.

You chose to stop and check in.

And that matters more than you think.

1. Where You Are Now

Right now, you likely have more clarity than you did before.

You can see what's been weighing on you.

You've started to recognise what needs to change.

But clarity is only the beginning.

Because knowing what needs to change...

and actually creating that change... are two very different things.

2. This Is Where Most Women Get Stuck

Not because they don't want better.

Not because they're not capable.

But because they're trying to do it alone.

Without structure. Without guidance.

Without support to stay consistent when life gets busy again.

And slowly... they fall back into the same patterns.

3. You Don't Have to Do This Alone

This is exactly why She Stands was created.

To support women like you in:

Turning clarity into real, lasting change

Learning how to structure and manage life in a way that feels in control

Building confidence, boundaries, and direction

Having the support and accountability to keep going

4. If You're Ready to Go Deeper

If this worksheet has opened something for you...

don't stop here.

This is your starting point—not your end point.

✨ You can take this further by:

Joining a She Who Plans workshop

Using our guided planners and tools

Becoming part of a space where women grow, reflect, and move forward together

Your Invitation

You've already taken the first step.

The next step is choosing to fully show up for yourself.

- 🖱️ Join the next workshop:
- 🖱️ Explore the planners & tools:
- 🖱️ Stay connected:

The life you want isn't out of reach.

It just requires clarity, structure... and the decision to not go back to where you were.