

CLARITY COMPASS

A MINI JOURNAL FOR
CLEARING THE CLUTTER



5 Reflective Prompts to Help You Pause,
Recenter, & Move Forward with Confidence

Coaching
with Sheryl 

GET UNSTUCK. GET CLEAR. GET MOVING.

Welcome!

Career and/or **life transitions** can be tender terrain. Whether you're between careers, figuring out who you are, or just sensing that something's off...maybe you feel stuck, **you're not broken—and you're not alone.**

This mini journal is a quiet space to reconnect with yourself, one prompt at a time. No pressure to have answers. Just room to wonder. Work at your pace, reuse it as often as you'd like.

If this reflection stirs something meaningful, **coaching might help you** keep going with **clarity and courage.** I'd love to talk.

Sheryl Nadler

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ABOUT THIS BOOK

This little book is your space to reflect, reset, and reconnect with what's true for you. It's here to help you get unstuck, get clear, and get moving—one thoughtful step at a time.

And if you're ready for deeper support, I'd be honored to walk beside you.

JOURNALING PROMPTS

Where Am I Now?

- What's working in my life right now?
- What's draining or unclear?
- What feelings keep showing up?

This isn't about judgment. Just observation.

What Do I Truly Want (Not What I Should Want)?

Let go of expectations and get honest.

- If I dropped every "should," what would I want more of in my life?
- What do I secretly daydream about—even if it feels out of reach?

JOURNALING PROMPTS

What's One Small, Soulful Step I Can Take?

Change doesn't have to be huge to be meaningful.

- What's one tiny act of alignment I can take this week?
- A conversation? A boundary? A walk without my phone?

Small is sustainable. Small is sacred.

How Can I Support Myself in This Season?

Instead of pressure, let's think care and capacity.

- What rhythms, habits, or people help me feel grounded?
- What's something I can stop doing to make space?



WANNA LEARN MORE?

This workbook is a starting point—a gentle push toward your next chapter. Use it at your own pace, revisit it when needed, and remember: you don't have to do it all alone.



To see if we can work together, find a path that works for your unique situation, **click on the button below to schedule a gifted session.**

[**SCHEDULE A GIFTED SESSION**](#)

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