



NONSTOP

Create.Collaborate.Communicate

Clarity Indicator assessment

(Purpose: To increase your level of clarity every week.

Steps: Rate yourself honestly, tally the total, and see how well you're doing then you can identify what to do to improve your clarity level)

I know who I really am and who I really want	1 (Not like me at all) 3 (Somewhat like me) 4 (Mostly like me) 2 (Not much like me) 5 (Very much like me)
I don't know what are my weaknesses or strengths	1 (Very much like me) 3 (Somewhat like me) 4 (Not much like me) 2 (Mostly like me) 5 (Not like me at all)
I know what I really want	1 (Not like me at all) 3 (Somewhat like me) 4 (Mostly like me) 2 (Not much like me) 5 (Very much like me)
I am indecisive when facing different choices because I don't know what I really want	1 (Very much like me) 3 (Somewhat like me) 4 (Not much like me) 2 (Mostly like me) 5 (Not like me at all)
I know how to achieve my goals	1 (Not like me at all) 3 (Somewhat like me) 4 (Mostly like me) 2 (Not much like me) 5 (Very much like me)
I make decisions quickly and stick with them	1 (Not like me at all) 3 (Somewhat like me) 4 (Mostly like me) 2 (Not much like me) 5 (Very much like me)
I don't know who would support me achieve my goals	1 (Very much like me) 3 (Somewhat like me) 4 (Not much like me) 2 (Mostly like me) 5 (Not like me at all)
TOTAL SCORE:	_____

Results: If in tallying all of your ratings you didn't end up with a score of at least 28 then it's likely you are lacking of clarity about who you are, what do you want to do. It's time to get serious about identifying who do you want to become and what do you want to do and commit to it.

Suggestions: Spend some time looking at each area that didn't get at least a score of 4 and ask yourself, 'What would be the three words to describe my best self? What would be the one thing that I can do to make me feel happier in life?' You can start from that and stay consistence, the picture will get clearer overtime.

Check out the productivity course to increase your level of productivity at: jenvuhuong.com/clarity

Clarity model

