

# Dr. Aaron Bird's CLARITY CHART

## HOW TO KNOW WHAT TO DO NEXT

### GAME OF LIFE STRATEGY

There are 8 major areas of life: Love, Health, Family/Friends, Fun/Hobbies, Life Purpose, Finances, Spirituality, Career. **First, identify what matters most** to you in each area and, **second, pick 2 areas from the areas of life to really focus** on and improve each month. Here's how: **every morning for that month** list 3 priorities to focus on within the 2 areas that will move your life forward

### LIFE SCORE RESULTS

On a scale of 1-10, 1 indicating YIKES! And 10 indicating perfection, **give an honest rating** about how you're doing in each of the 8 major areas of life. Be honest.

**Now put your focus and energy on the lowest number first, until you raise each area to the 8-10 range.** You'll always know what to do next based on your ratings.

### WONDERFUL STATE STRATEGY

When you seek clarity in a confused state, you get more confusion. To get wonderful results, **change your state** to a wonderful state. How? Place your hand on your heart, close your eyes, and take 10 deep breaths while feeling full appreciation for life. Repeat 2x. **Then ask, What shall I do next?**

### GOD'S WILL STRATEGY

In the Bible it says that's God's will is for you to give thanks in ALL circumstances. **Become a thermostat instead of a thermometer.** A fully thankful heart will give you clarity and change your circumstances, instead of the circumstances determining your future. Keep a gratitude journal

### TAPPING WORD POWER METHOD

**Pick 3 words** that you'd like to describe your mood: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
**Pick 3 you** want to describe your relationships: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.  
**Pick 3 you want** to describe what would make you more successful: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

**Do the tapping exercise** with each set of words

### SUCCESS GOALS

**Select 3 BIG goals** that, if they were to occur, would make for your best year ever. Work on these goals for 3 hours a day like they're for all the marbles.

**List out 99-bucket list** experiences and spend your time going down the next item on your list.

### FINDING YOUR LIFE PURPOSE & BIG WHY

**All life purposes** have these 3 components: The Purpose of my life is to be \_\_\_\_\_, to (do/feel) \_\_\_\_\_, so that \_\_\_\_\_.

**The 7-level Purpose exercise.** Ask yourself what you want, then ask the following question 7x (each answer is based on the previous answer): "Why is it important that you \_\_\_\_ (want that)?"

### THE 5 BIG QUESTIONS

Knowing the answers gives you clarity on what to do next. **(1)** What breaks my heart? **(2)** What would double my happiness *this year*?

**(3)** Who do I want to become? **(4)** If I won 87 million dollars, travelled the world and bought all I wanted, what would I do the next year? **(5)** What have I always wanted to do/try?

**Grab your Clarity Videos. Full training with Dr. Aaron Bird on getting clarity for what to do next in life and business. These training videos are a full version of the clarity strategies above and are the only thing you'll ever need to successfully achieve clarity for optimal results. To claim your training videos for life visit <https://aaron-bird.com/p/clarity-course> Much love, aaron.**

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