

Bring the Page.

One situation. A little honesty. Something you can try.

Take ten minutes. Choose one thing you keep putting off. Notes, drawings or a few words are enough. You can keep this page private.

01 What happened the last time?

Describe a moment: what was said, what you did, what you avoided.

02 What is carrying on costing you?

Notice what is already working, too. What do you want to keep?

03 What is one small change you can make?

By [day/time], I will [one specific action].

Afterwards: what happened, and what did you learn?

If a conversation would help, book a free 20-minute Clarity Call. Writing is optional; you choose what to share. Coaching is not therapy or addiction treatment.

[Book a free Clarity Call](#)