

How You're Showing Up Now (A Clarity Check)

Section 1: Where You Feel Misaligned

- In what situations do you feel:
 - Talked over?
 - Overlooked?
 - Not fully trusted?

- Where do you notice yourself:
 - Over-explaining?
 - Softening your message?
 - Holding back a clear point?

Prompt:

**Describe one recent moment where you left a conversation thinking,
“That didn’t land the way I wanted it to.”**

Section 2: Your Default Communication Habits

(circle what applies):

- I explain my reasoning before stating my position
- I add disclaimers to avoid sounding “too strong”
- I wait to be asked instead of offering perspective
- I fill silence because it feels uncomfortable
- I soften requests instead of making them clear

Prompt:

Which of these feels most familiar?

Section 3: The Version of You That You Want to Practice

- **When I show up at my best, I want to be perceived as:**

- _____
- _____
- _____

- **One communication habit I’m willing to experiment with changing:**

- _____