

Step 1 - Contrasts & Clarity Worksheet

Identify your desire and get specific by gaining clarity through your contrasts. Fill in ten (or more) contrasts and after you have completed the contrast list, read each of them and ask yourself, "So, what do I want?" Asking yourself this question will now allow you to complete the right side of the worksheet by creating the corresponding clarities to get clear on what you want.

Contrast	Clarity

Tip: If you construct it over a few days you'll be able to ensure that you have considered exactly what you want.