

# CLARITY BREAK SCRIPT

*Scott Patchin*

## WRITE YOUR CENTERING QUESTIONS HERE

- 1 - \_\_\_\_\_
- 2 - \_\_\_\_\_
- 3 - \_\_\_\_\_
- 4 - \_\_\_\_\_
- 5 - \_\_\_\_\_

## MY EXAMPLES:

- What am I celebrating this week?
- Did I do my best to stay connected with God?
- Did I do my best to be a great husband?
- Did I do my best to be a great father?
- Have I exercised 4x in the past week?

## PULSE QUESTIONS

- 6 - How is my confidence right now (1-10)? What would move it +2?
- 7 - What am I procrastinating on right now? Do I need to DUMP IT or DO IT?
- 8 - Am I willing, at this time, to make the investment required to make a positive difference on this topic (referring to items in 6 and 7)? – If yes, make it a to-do. If no, put it on my issues list or LET IT GO and move on.

## ROCKS

Item	On/Off Track	What's Next?

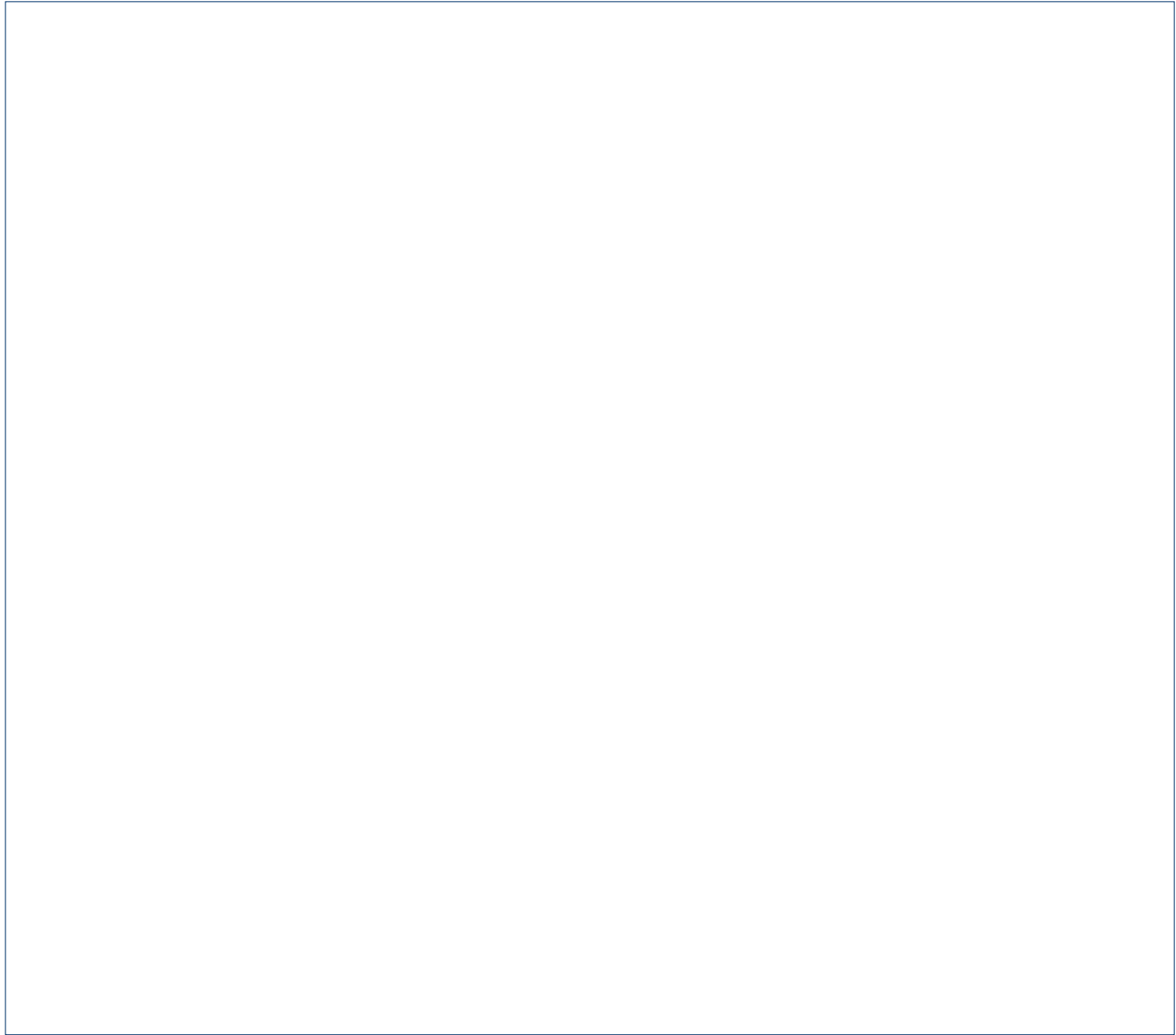
## TO-DOS

Item	Done/Not Done

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## PROBLEM SOLVING / THINKING / DECISION MAKING TIME



## CLOSING QUESTIONS

- 1 - Who do I need to say 'thank you' to?
- 2 - What do I need to let go of?
- 3 - Who do I need to call?