


Worksheet for Adults – Clarity and Inner Peace



Theme: Clarity in thoughts, words, and choices

 Take a few calm breaths. Place your hand on your heart. Feel your feet on the ground. Then begin your exercises.

Exercise 1 – What helps me be clear?

Write down three things that help you think or speak clearly.
For example: going for a walk, feeling before speaking, writing it down.


Exercise 2 – Where am I (still) unclear?

Think of a situation where you couldn't say what you truly meant or felt.
What held you back? What did you need?

Exercise 3 – My truth in gentle words

Write a short sentence you would like to say to yourself or someone else – honest, clear, and loving.

For example: *"I feel tired and need a bit of space."*

 **Tip:** Try saying it out loud in front of a mirror.