Clarity Equals Power!

By Dr. Mark Skovron



- [ ] ►INSTRUCTIONS: We tend to get dragged down and overwhelmed by things that accumulate over time - and end up cluttering our minds. We are healthier physically, emotionally and spiritually to the extent that we have clarity. Let's work on an exercise to gain more clarity by eliminating all kinds of things that tend to clutter up our lives. (See examples).

- [ ] You may not want to do anything about them right now, but just writing them out here will raise your awareness and you'll naturally start handling, fixing and resolving them. So, make a list of what you're putting up with and see what's cluttering your mind, draining your energy and slowing you down!

- [ ] **Examples:** Incomplete tasks, frustrations, poor processes and procedures, unresolved issues or problems, other people's or your own behavior, clutter, 'shoulds' (things we think we should do but aren't committed to), unmet needs, crossed boundaries, poor morale, overdue bills or invoices, outdated design, guilt, exercise/eating/sleep habits, office cleanliness/tidiness, undone filing, indecision, procrastination and so forth.

- [ ] Now is the time to identify what you're tolerating! Start with the 10 that come to mind first, then over time as you think of more, simply add them to your list:

- [ ] 1.
- [ ] 2.
- [ ] 3.
- [ ] 4.
- [ ] 5.
- [ ] 6.
- [ ] 7.
- [ ] 8.
- [ ] 9.
- [ ] 10.

- [ ] ►Finally, assign what exact actions you know to take to reduce your "Toleration's" beginning with the most disruptive to your life and going backward. Write down the exact action you will take to eliminate or mitigate the toleration in your life, and the exact day and time by which you will have it completed. Be certain to be exact as the action in measurable terms. Not Correct► “I will make more money.” Correct► “I will earn $5,000” by Month, day, year, time. Specific and measurable and promised in an exact time frame. Now get into action whether you are prepared or not!
- [ ] 1. What by when?
- [ ] 2. What by when?
- [ ] 3. What by when?
- [ ] 4. What by when?
- [ ] 5. What by when?
- [ ] 6. What by when?
- [ ] 7. What by when?
- [ ] 8. What by when?
- [ ] 9. What by when?
- [ ] 10. What by when?
- [ ] ►REMINDER: You will be healthier physically, emotionally and spiritually to the extent that you are operating in all areas of your life with absolute clarity and purpose. Issues, thoughts, tasks, incomplete relationships and anything else dangling in your life, that you are not committed to blocks your ambition and energy, holds you down, and causes frustration and anxiety.
- [ ] ►CLARITY: Look around at the people you see that seem to be getting so much accomplished, are happy most of the time, and always seem to be on a mission. That is because they are operating with a level of power from the clarity and passion that they have from not being "weighed-down" by things that they are "tolerating" or are "incomplete" in their life.
- [ ] ►DO THE WORK: This exercise is not a one-time thing if you want to operate with unbridled power. This is a type of work that you should practice all the time. Eat this for breakfast, lunch and dinner!
- [ ] ►***"Those who take action become the hero's and the envy of the masses who only sit by and complain while they watch."*** - ***Dr. Mark Skovron***

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