

Congratulations on taking an important step in your journey of personal development!

Clarity is one of the most important, if not the most important, areas to spend time on to move your life forward, faster, and reduce the time you might be spinning your wheels on things that don't really matter in the overall picture of your greatest life. I honor you for having the courage to examine yourself and commit to making your life a success and living your dreams. As you read the following questions, think hard about your answers to them and take notes to help you with thoughts and ideas.

To your success!

- Vrej Garabedian, CHPC



[www.VrejGarabedian.com](http://www.VrejGarabedian.com)

[www.facebook.com/VrejGarabedianFan](https://www.facebook.com/VrejGarabedianFan)

[www.youtube.com/c/VrejGarabedianFan](https://www.youtube.com/c/VrejGarabedianFan)

©2015 Vrej V. Garabedian

## **5 QUESTIONS TO ASK YOURSELF TO GET MORE CLARITY IN YOUR LIFE**

### **1. WHO AM I?**

This is the first question to ask yourself. This does not mean whether you're a human being versus an alien from outer space, a man versus a woman, or how attractive you may be. This is about values. What are your values? Where did they come from? Another way to ask this is, what do you feel strongly about? Everyone has a set of values, whether they know it or not. Did you form your values on your own through reading books and self-reflection, were you taught values from your family or a close relative, from friends growing up, or were you left to figure out your values on your own?

Are you a mother or father? Sister or brother? Teacher or student? Boss or employee? You may be all of these, some of these or none of these. Often times, your role in life dictates your values. Society has a set of values, depending on the society you live in, and most people adopt, either knowingly or unknowingly, their own society's set of values, whether those values serve them as an individual or not. The good news is, you can change your values willingly.

Do you respect others? Do you value people's contributions? Do you work hard at whatever you do? Or, do you expect others to assume your responsibilities? Do you tell the truth only when it benefits you? Do you withhold praise that you know is due?

This is also about character. What kind of character do you have? Are you generous to people with your time, love, and resources? Are you patient and thoughtful? Or, do you scream or yell at your spouse or children? Do you make fun of others? Are you insensitive to the harm your words may inflict on others, or are you compassionate and aware of the impact of your words and deeds? Your values ultimately forge your character. Your character is the sum of all of your values. If you have beautiful, solid values, you will have a beautiful and solid character. Poor values will beget a negative and selfish character.

Your first step in knowing who you are is to examine your values and if you don't like what you find, modify them until you LOVE what you stand for. Your answers to these questions will help show you what you feel is important in life and who you are as a person.

## 2. WHAT DO I WANT FROM LIFE?

What is it that you truly want out of this life? Is it a loving relationship with the partner of your dreams? A loving family? A home? A fulfilling career? Money? Improved health? More focus to do the things you want to do? At some point in life, most people will want all of these things, but many people do not have a clear vision or idea what they want, why they want it, or even when they want it.

Many people think they want something, but don't know why they want it, or they don't have a clear vision about it. It might be what their parents want for them, or what their friends want, or what society has told them they should want, but it's not actually what they want. As a result, people act half-heartedly and without any commitment to move forward towards their goals. They lose focus and their energies are dissipated among the many distractions in life. Satisfaction eludes them when they do achieve something since they never really wanted it in the first place and this leaves them feeling unhappy and unfulfilled. Without a clear vision of what they want and why they want it, most people fail to plan and take action to get what it is they really want in life.

Often times people get sidetracked from their goals and dreams and end up going down a path others set for them. One way to rediscover what it is that you want is to think about what you enjoyed doing in your younger years. As a child, what did you want to be when you grew up? What did you dream or fantasize about? What made you excited to the point that you couldn't wait to do it? Are you doing that now or have that in your life somehow? One secret is to focus on how you would feel after obtaining what it is you think you want, and if that feeling excites you, that is an indication you've found something worth moving towards.

### 3. WHAT ARE MY RELATIONSHIPS LIKE?

A huge part of someone's overall happiness can be attributed to the quality of their relationships with people in their lives. Are you clear about the status of your relationships right now in your life? How is your relationship with your family? What about your work relationships with your clients, boss, co-workers? Your friends? Your spouse or lover? Are you clear on where you stand with these people in your relationships? Are there any persons you'd like to mend broken ties with or strengthen your connections?

People often go through life letting time pass without being clear as to what kind of relationship they want with people, or letting the other person force them into a situation or relationship that they never wanted to be in. We will all be in different and various relationships with people throughout our lives, the question to ask ourselves is what KIND of relationship we will have with those people. While relationships often do evolve over time, it's important you are clear first with yourself as to the type and quality of relationships you want to have with people so that each person is clear as to the other's intentions. When there is clarity between people in a relationship, the relationship can grow in a constructive and positive way and becomes much more fulfilling for both people.

### 4. WHAT IS MY HEALTH LIKE?

Are you clear about how you feel throughout the day? Do you have enough energy to complete your daily tasks and get done what you want or need to get done? Are you constantly yawning from lack of air intake or chronically tired and fatigued? Do you suffer from any long-term issues that you have not looked further into? Without the proper levels of energy and nutrition, it is difficult to summon the focus and concentration needed to get things done, to perform at our highest potential, and to FEEL our best. Today, many people are overworked and do not get the necessary hours of sleep needed to function at optimal levels, or they overeat or eat foods that do not serve them.

Aside from physical health, are you clear about your mental and spiritual health? Are you constantly stressed to the point you feel overwhelmed? Mental and spiritual health are just as important as physical health and are interconnected so that what affects one impacts the other.

Are you doing something to relax your mind and unwind your body after work or after a stressful situation? Does it lift up your spirit and make you feel re-energized and calm? If not, it might be time to reconsider your daily activities or commit to a healthy relaxation practice.

## 5. WHAT'S HOLDING ME BACK?

If you are clear on who you are, what you desire, the quality of your relationships, and the condition of your health, then what obstacles are you facing to living your dream life? Are you clear about what exactly it is that's holding you back from achieving your goals and being more successful in life? Do you have the life you desire? Are you living your dreams? If not, why not? What is getting in your way? What can you do to move past the obstacles to achieve your dreams?

These questions are meant to help you reflect on the levels of clarity in your life. Once you have clarity in the main areas of your life, you will be more effective in performing the work necessary to achieve your dreams. I honor you for having the courage and commitment to get clarity in your life and work towards your goals so that you can live a fully charged life! You deserve it. To your success!

If you want personal coaching to help get more clarity in your life, I am available for one-on-one coaching sessions. You can get in touch with me on my website [www.VrejGarabedian.com](http://www.VrejGarabedian.com).

**Dream Big. Believe in Yourself. Make it Happen.**