

The Clarity Builder Workbook

Breakups dont just leave behind memories they leave behind identity questions.

Who am I now that Im no longer theirs?

What do I want?

What parts of me were shaped by fear and what parts are mine to reclaim?

This workbook isnt about getting everything figured out.

Its about starting with what you do know.

Clarity doesnt arrive fully formed. It builds itself from the inside out.

Use this to define your direction. To write your way into your future.

To choose who youre becoming not just who youre moving on from.

Closure-to-Clarity Prompts

What I Want More Of

What do I want more of in my next chapter emotionally, relationally, mentally, spiritually, or physically?

What I Want Less Of

What am I ready to stop tolerating from myself, from others, from environments?

My New Non-Negotiables

What boundaries or standards feel non-negotiable moving forward?

What This Breakup Clarified

What truths did this breakup help me see clearly about myself, relationships, love, or life?

One Future Affirmation

What is one sentence I want to repeat to myself when I feel wobbly?

Example: I deserve a relationship where I feel safe, seen, and steady.

Identity Statement Builder

A future worth walking toward starts with a clear internal compass.

This statement helps root your clarity in a way your nervous system can remember.

Start with: I'm the kind of person who

Examples:

- I'm the kind of person who communicates directly even when it's hard.
- I'm the kind of person who notices red flags early and trusts what I see.
- I'm the kind of person who makes peace my priority not perfection.
- I'm the kind of person who honors my energy, even when it's inconvenient.

I'm the kind of person who...

I'm the kind of person who...

I'm the kind of person who...

Signature Page

Final Prompt:

Look over what youve written.

What do you want to carry forward?

What feels like your next truth?

Sign your name below as a quiet contract with yourself.

Not to be perfect but to walk with clarity.

Signed: _____

Date: _____