



Where I Am Right Now

You don't need the whole map today. Just one honest page. These questions aren't a test — there's no score, nobody's watching, and nothing here is wrong. Answer what's true. Skip what's not ready. That's allowed too.

This worksheet is just an example. In our session, we go deeper than any worksheet can — and everything we cover is focused entirely around you and your needs. There are no right answers here.

1 · The question I keep circling back to is...

You know the one. It shows up in the car, in the shower, at 11pm.

2 · What am I pretending not to know?

Be gentle. But be honest.

3 · If nobody was watching and nobody was judging, I would...

4 · Where am I performing "fine" instead of living honest?

Work, home, health, a relationship — wherever it lives.

5 · What is this in-between already costing me?

Sleep, patience, confidence, money, chances — name the real price.



K&K Alliance Group

CAREER DEVELOPMENT & LIFE COACHING · KRISTA RICKMAN

(404) 624-6683

www.kandkalliance.group

krista@kandkalliance.group

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The one hour, aimed

A Clarity Session is one focused hour — and you leave with something you can actually use, not just a nice conversation. These last questions aim the hour before we ever meet.

6 · I've been waiting until _____ to feel ready.

*Now finish this one: what if ready doesn't come first — what if it comes **from here**?*

7 · If one hour untangled ONE thing, which thing?

8 · Clarity check

Circle where you are — and write what would move you up two.

1

2

3

4

5

6

7

8

9

10

9 · If this hour goes well, driving home I'll finally feel...

That +2? That's the session.

Bring this worksheet to a **Private Clarity Session** — 60 focused minutes, \$244, and one clear next move you'll actually make. Not sure yet? Start with a **complimentary 20-minute discovery call**. No pressure, no pitch — just a real conversation.

Call or text (404) 624-6683 · www.kandkalliance.group

Coaching complements therapy — it never replaces it. Everything you bring stays between us.