

BREAK

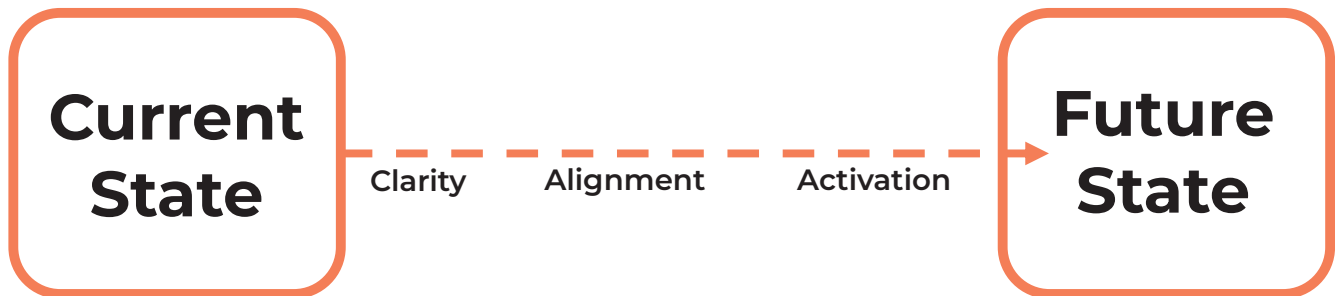
YOUR PACE

Reflection Guide

Kara Jorvig

How to *Bridge the Gap*

Every leader has a **current state** and a **future state** they're building toward. Whether it's in your business, on your team or within your leadership journey, **building clarity is the first step to alignment.**



Current State

How would you describe your current state of business, team and leadership?

What is your energy level and how would you describe your emotions?

Do you have clarity on your goals? Are they aligned with your values?

Where do you need to build greater clarity?

Future State

What does success look and feel like in your future state - for your business, team and self?

What outcomes are you driving toward over the next year?

What gives you energy and how do you refuel?

What passions or strengths do you want to express more fully?

Bridging the Gap from Current State to Future State

How would you describe the gap between your current and future states?

What needs to shift to bridge that gap?

What support, skill sets, habits or rhythms will help you get there?

Clarity: *Start with You*

Clarity begins when you slow down long enough to feel your energy, your emotions and listen to your inner voice.

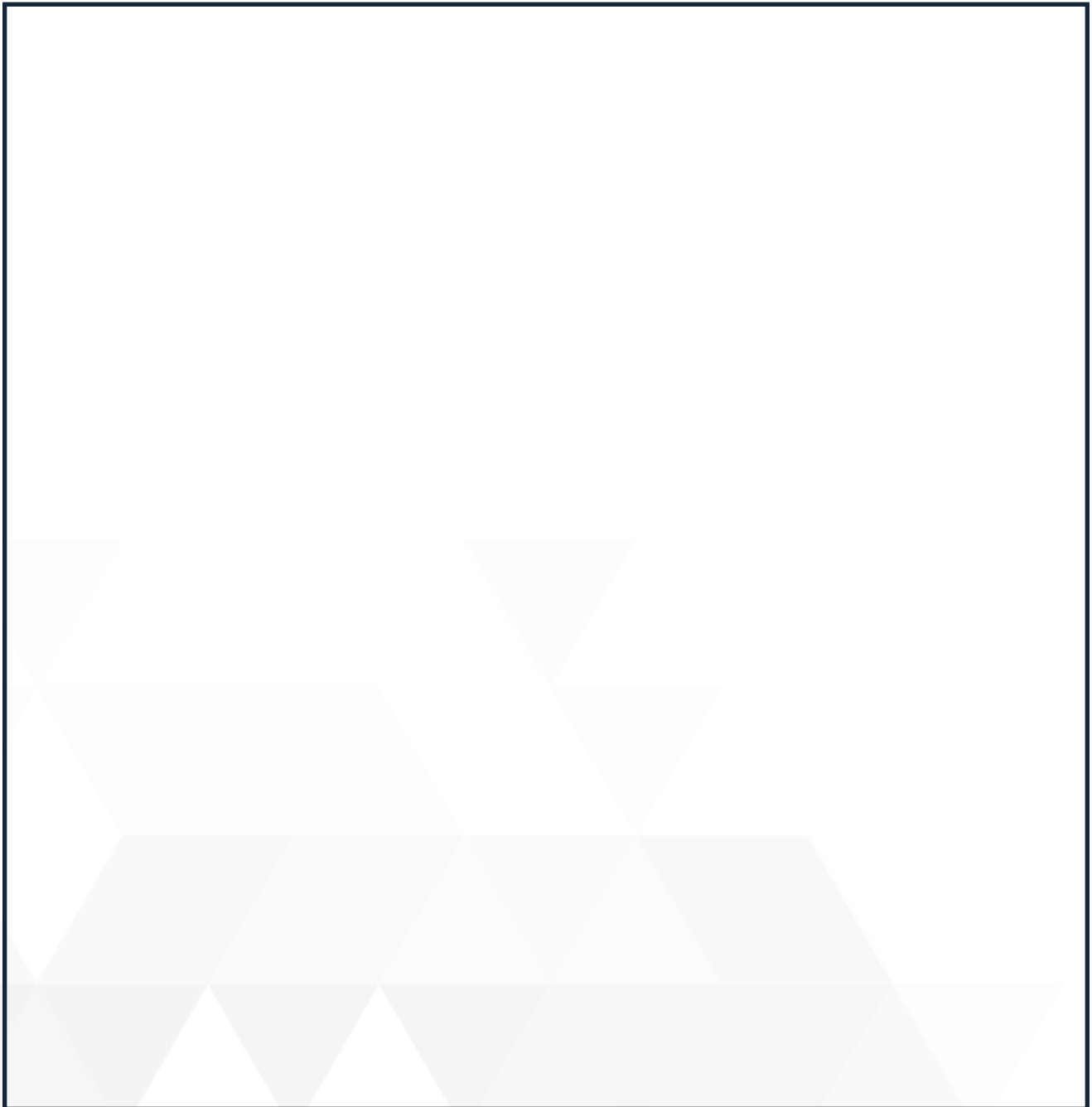
- What is one activity you could commit to today that would refuel your energy and help you think more clearly?
- Where are you spending energy on things that don't serve your priorities or purpose?
- When are you at your best mentally, emotionally and spiritually?



Alignment: The Power of Alignment

Alignment happens when your values, priorities and decisions all point in the same direction.

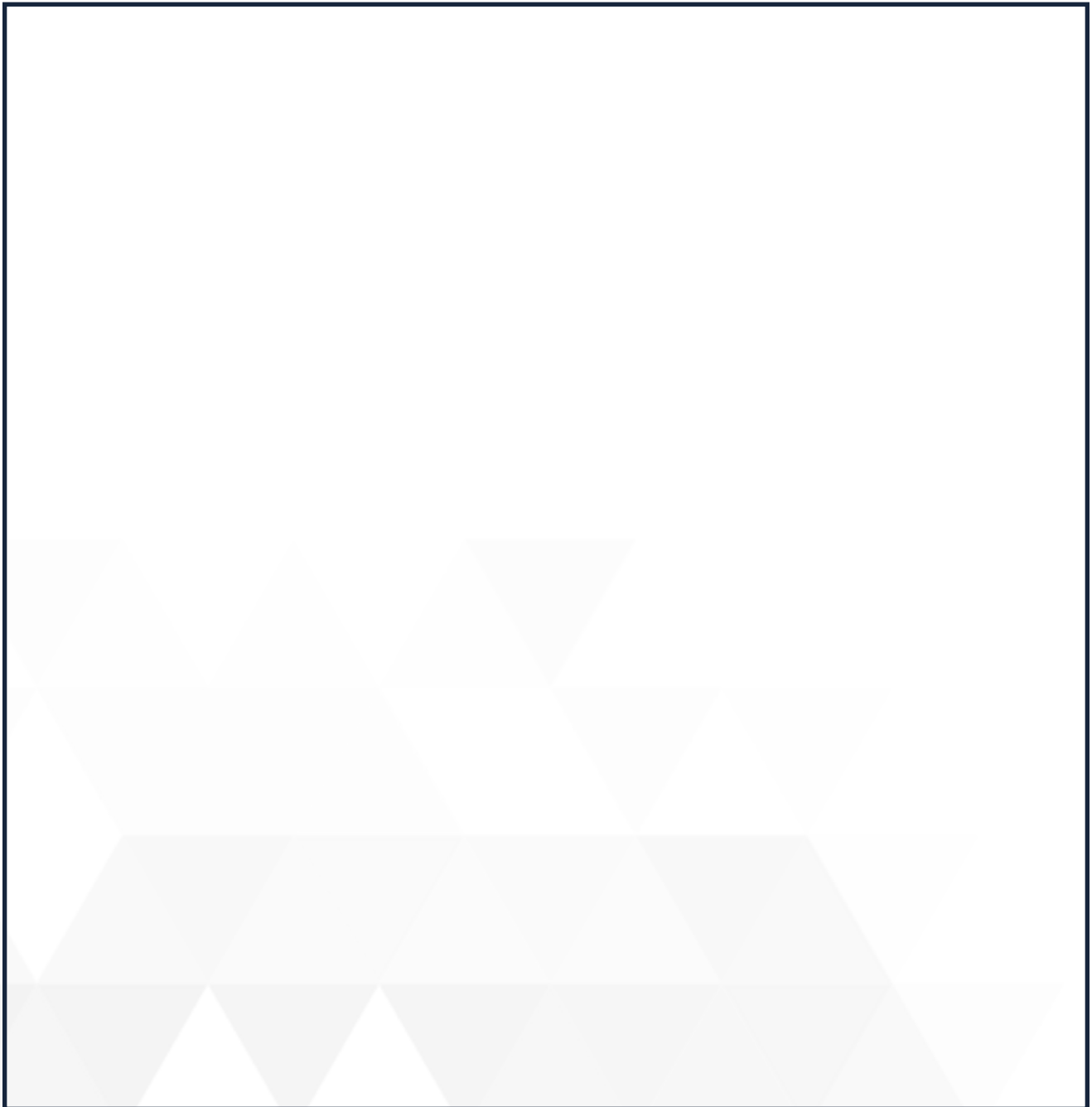
- Do your commitments and priorities align with what you value most?
- What is one decision, relationship or commitment you could realign today to better reflect your values and direction?
- Where might you need to pause before saying yes or clarify before you communicate?



Activation: *Awaken Yourself*

Growth doesn't happen through comfort. It happens through courage and experience.

- What is one uncomfortable step that would create momentum right now?
- What is standing in your way and what would happen if you faced it head-on?
- How will you measure progress (not perfection) in the next 30 days?

A large, empty rectangular box with a thin dark border, intended for the user to write their responses to the three questions listed above. The box is positioned in the center of the page, below the list of questions and above the footer.



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