



REFUTURE YOUR LIFE
INTERNATIONAL



Mindset Clarity Tool

Your Name: _____ Call Date & Time: _____

Having in mind what you want to work on will help both of us be more clear and focused during our time together.

Please email this form to me at least 24 hours prior to our call at sara@refutureyourlife.com. This form is confidential, so feel free to be as candid as you want.

Write down five words that best describe how you feel and/or how your body feels right now...

What's the biggest challenge that is "up" for you right now? What would you most like to focus on?

When you think about this challenge, what are the fears and worries that come up for you?