



clarity *through* experience

# Are You Clear Or Just Busy?

Jackie Naghten – Personal Strategist

A short strategic reset for people  
at a decision point.

Strategic thinking for moments that matter.



clarity *through* experience

# What Next Workbook

This workbook is drawn from lived experience — not theory, research, or frameworks. It is designed to slow your thinking just enough to help you see what actually matters. You do not need to complete this in one sitting. In fact, it works best if you don't.

**Created by Jackie Naghten, Personal Strategist for high-achieving women navigating midlife transitions.**



## 1. How clear are you about what you want next?

Notes:

.....

.....

.....

## 2. Do you have a clear vision of what success would look like for you?

Notes:

.....

.....

.....



### 3. Do you have one or two ideas you want to explore, clarify, or test?

Notes:

.....

.....

.....

### 4. How comfortable are you with uncertainty and change right now?

Notes:

.....

.....

.....



5. Do you think fear of the unknown is holding you back?

Notes:

.....

.....

.....

6. Do you feel you have the tools, experience, or connections you need to move forward?

Notes:

.....

.....

.....



## 7. Is there one specific thing that feels like it is holding everything up?

Notes:

.....

.....

.....

## 8. Are concerns about money, security, or risk influencing your decisions?

Notes:

.....

.....

.....

9. Do you feel a strong pull to make a change now, even if you can't fully explain why?



clarity through experience

Notes:

.....

.....

.....

10. Are you taking action — or staying busy without real movement?

Notes:

.....

.....

.....



clarity *through* experience

## Pause before moving on

Once you've completed the questions, stop. Put this down. Come back to it in a day or a week.

Clarity often arrives after distance — sometimes quite literally after sleeping on it.

What feels urgent today can look very different with fresh eyes.



clarity *through* experience

# Three common decision patterns

From years of working with experienced professionals, four patterns show up again and again. Most people recognise themselves immediately — sometimes in more than one.

## **The Momentum-Driven Changer**

You feel ready to move. Energy is high, but clarity hasn't fully caught up. The risk is speed without direction.

## **The Cautious Doubter**

You want change but fear loss, instability, or getting it wrong. The risk is staying stuck longer than necessary.

## **The Ready but Unchallenged**

You are capable, confident, and already in motion. You don't lack ideas, energy, or experience, and you are not stuck. What you may be missing is sufficient challenge to your thinking at the point where decisions start to matter.

## A considered next step



clarity *through* experience

If this surfaced questions rather than answers, that's a good sign. The right next move is often a short, focused conversation — not more solo thinking.

You can book a 15-minute Clarity Call to sense-check where you are and decide what to do next.