



- 5 DAY - CLARITY CHALLENGE

WORKBOOK
PRINTABLE



WELCOME, BEAUTIFUL SOUL

I am so excited that you have taken on this 5-Day Clarity Challenge! As you embark on this experience, your desire to delve deeper into your consciousness will become even more powerful. You will discover what your spiritual needs are, and how much of an impact it creates for your overall well-being.

I've designed this '5-Day Clarity Challenge' for you, so you have the tools readily available, to help you start to uncover the areas of growth, transformation, and enlightenment in your personal experience. As you navigate through this workbook you will be challenged to consider what experiences have shaped you, and what more you can do to go within for more clarity, to receive personal insight.





STEP 1: COMMIT TO YOUR JOURNEY

Welcome to your challenge journal, designed to make the most of your journey. I know that life can be hectic at times, but that doesn't mean that it can't be meaningful as well. Use this journal every day for the next few weeks, allowing you the space to set whole hearted intentions and a place to express your deepest emotions. I look forward to working with you!

- Amber xo



1 HOW DO YOU FEEL IN YOUR BODY, MIND, SOUL RIGHT NOW?

2 HOW DO YOU WISH YOU COULD FEEL INSTEAD?

3 HOW EXCITED ARE YOU TO DO SOMETHING ABOUT IT?

INTENTIONS



STEP #2 YOUR WHY STATEMENT. Why are you doing this? Take time to write down why this challenge is important to you right now.

STEP #3: YOUR CHALLENGE INTENTIONS. How do you want to feel? Reflect on how you feel in the present and how you wish you could feel instead.

HOW I FEEL IN MY MIND:

HOW I WANT TO FEEL IN MY MIND:

HOW I FEEL IN MY BODY:

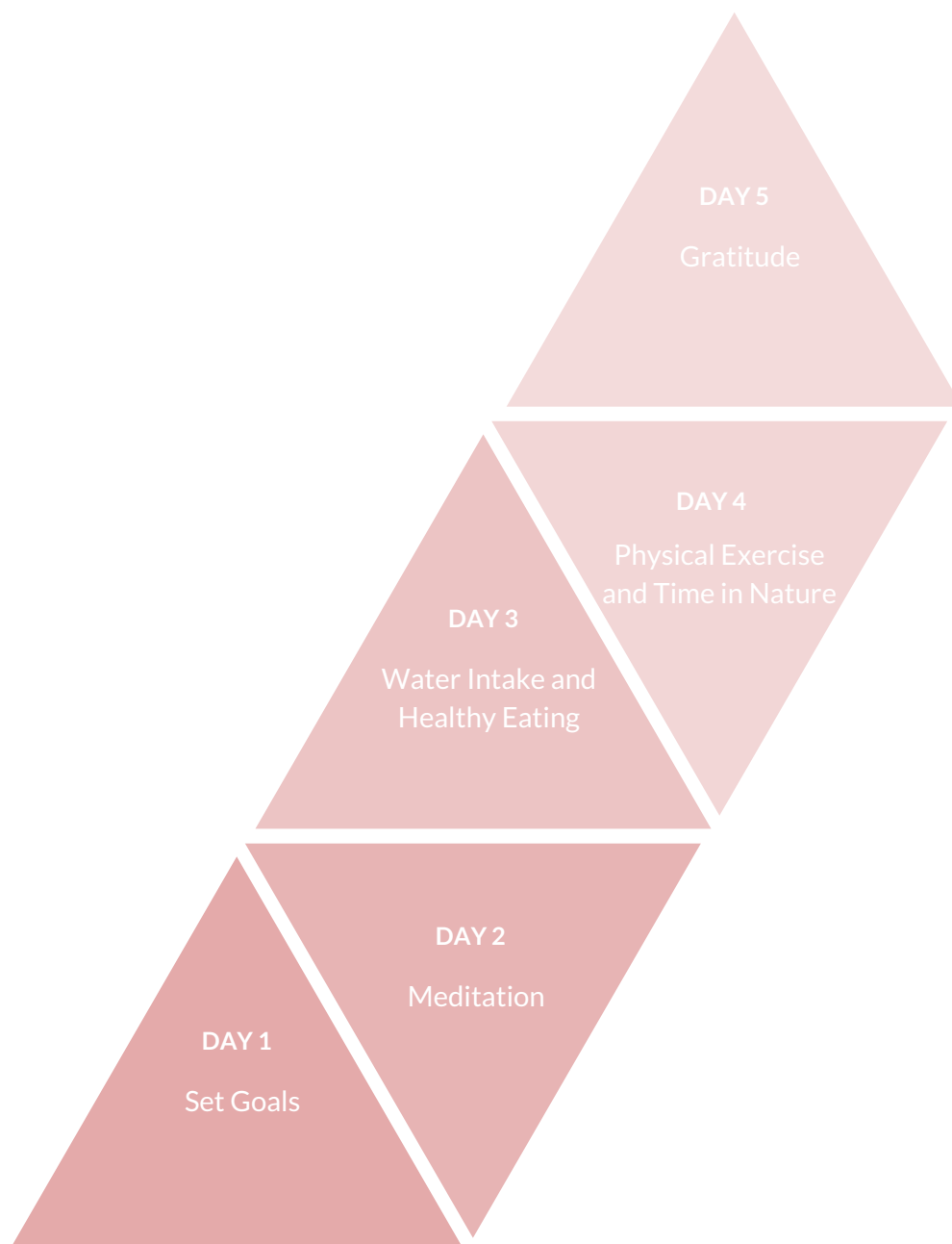
HOW I WANT TO FEEL IN MY BODY:

HOW I FEEL IN MY SOUL:

HOW I WANT TO FEEL IN MY SOUL:

THE PLAN

5 DAY CHALLENGE



DAY ONE

5 DAY CHALLENGE

Goals



TODAY'S CHALLENGE:

One of the most successful ways to achieve your goals is to know what it is you actually want! At one time or another, we have all been guilty of slinging around 'wishes' and 'hopes' but lacked the ability or willingness to identify exactly what we want, when we want it, and how we are willing to go get it. Having clearly identified and specific goals help you achieve them successfully. Goals are meaningful and measurable therefore, you are fueled by your desire to better your life's experience, by achieving these goals, and you can reevaluate and initiate a plan B if it is not going the way you expect. Setting goals help shape your experience and align to your life's purpose. Live intentionally as a visionary of your own dreams.

This challenge supports the setting of your goals. Document your goals for the week or the month. If you have trouble think of goals for each part of your life i.e. relationship, career, parenting, finance, health etc.

1





DAY ONE

MORNING JOURNALING

Choose how you want to feel: How do you want to feel today?

Set your intentions: What are 1-3 things I can do to feel that way?

Journal your thoughts: Define your thoughts, emotions & plans for today.

EVENING JOURNALING

Reflect on how you felt: How did you feel today?

Honour your intentions: Did I complete the three things I wanted to do?

Journal your thoughts: Describe your thoughts, emotions & experiences from today.

WHAT MADE ME GROW

WHAT MADE ME GRATEFUL

DAY ONE

DAY TWO

5 DAY CHALLENGE

Meditation



TODAY'S CHALLENGE:

Meditation is more than just a buzz word or the latest fad. Meditation is a long-standing practice that involves techniques to bring mindfulness into your awareness. Mindful breathing and meditation helps bring awareness to your state of mind and improve overall wellness of body, mind, and soul, without judgment or discernment. There are many benefits to meditation, mainly clarity!

Meditation has been proven to:

- Relax our nervous system by slowing our heart rate, breathing rate, and blood pressure to help us remain calm and reduce stress and/or anxiousness
- Increase circulation, increase oxygen, and nutrient intake through mindful breathing to help bring clarity and focus
- Reduce pain

This challenge supports your journey into mindful meditation.

Document your feelings, sensations, thoughts prior to meditation and again after meditation.

2





DAY TWO

MORNING JOURNALING

Choose how you want to feel: How do you want to feel today?

Set your intentions: What are 1-3 things I can do to feel that way?

Journal your thoughts: Define your thoughts, emotions & plans for today.

EVENING JOURNALING

Reflect on how you felt: How did you feel today?

Honour your intentions: Did I complete the three things I wanted to do?

Journal your thoughts: Describe your thoughts, emotions & experiences from today.

WHAT MADE ME GROW

WHAT MADE ME GRATEFUL

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DAY THREE

5 DAY CHALLENGE

Water Intake

&

Healthy Eating



TODAY'S CHALLENGE:

The key to keeping your energetic vibration healthy and vibrant is to eat balanced healthy meals and drink plenty of water each day. When our energy is vibrating healthy and vibrant light, we are able to receive more insight, find clarity,

This challenge supports your healthy meal planning and intentional water intake goals. Document a meal plan for each day of the week, include the schedule so you can expect when your next water intake or meal will be and snacking can be in between.

3





DAY THREE

MORNING JOURNALING

Choose how you want to feel: How do you want to feel today?

Set your intentions: What are 1-3 things I can do to feel that way?

Journal your thoughts: Define your thoughts, emotions & plans for today.

EVENING JOURNALING

Reflect on how you felt: How did you feel today?

Honour your intentions: Did I complete the three things I wanted to do?

Journal your thoughts: Describe your thoughts, emotions & experiences from today.

WHAT MADE ME GROW

WHAT MADE ME GRATEFUL

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DAY FOUR

5 DAY CHALLENGE

Physical Exercise

&

Time in Nature



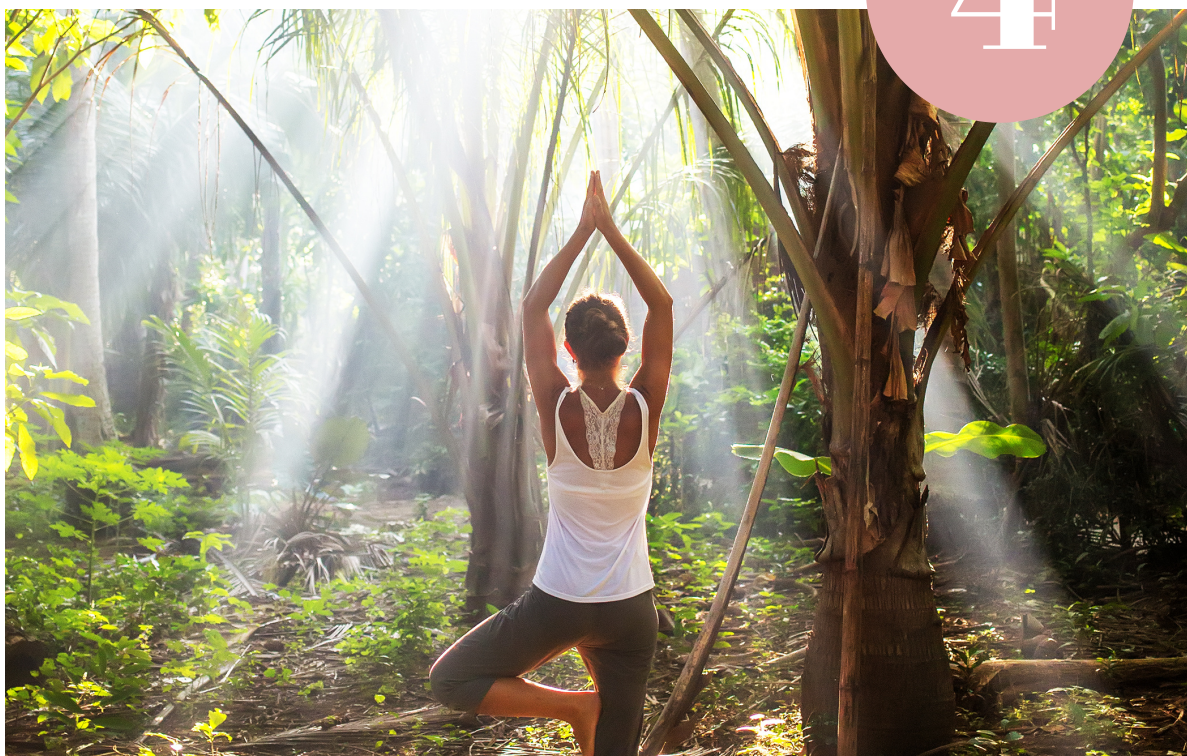
TODAY'S CHALLENGE:

Being mindful in nature helps you to think with clarity, reduce stress, promote relaxation, and helps you achieve a state of calm.

Physical exercise such as walking, yoga, swimming, cycling, rowing, Thai Chi etc. helps your breathing, increases circulation, strengthens muscles, prepares your mind for meditation and clarity of thought.

This challenge supports your goals to improve or maintain your physical health and to spend more mindful time in nature to be connected and aligned to your body, mind, soul. Document an exercise plan for each day of the week, mix it up to provide variety, and try to incorporate your exercise in nature. Note how you felt before, during, and after this challenge.

4



DAY FOUR

MORNING JOURNALING

Choose how you want to feel: How do you want to feel today?

Set your intentions: What are 1-3 things I can do to feel that way?

Journal your thoughts: Define your thoughts, emotions & plans for today.

EVENING JOURNALING

Reflect on how you felt: How did you feel today?

Honour your intentions: Did I complete the three things I wanted to do?

Journal your thoughts: Describe your thoughts, emotions & experiences from today.

WHAT MADE ME GROW

WHAT MADE ME GRATEFUL

DAY FOUR

DAY FIVE

5 DAY CHALLENGE

Gratitude



TODAY'S CHALLENGE:

Gratitude means 'a feeling of appreciation or thanks'. Cultivating gratitude can help us live mindfully. The benefits of gratitude include improved physical health, balanced emotions, authentic relationships, more joy, peace, and heightened awareness. Living a life full of gratitude encourages new perspectives and the ability to focus on what we have, not what we don't have.

This challenge supports you as you identify areas of gratitude in your life. Document one thing that you are grateful for each day. It can be small or big, about you or others, as long as it comes from your heart.

5



DAY FIVE

MORNING JOURNALING

Choose how you want to feel: How do you want to feel today?

Set your intentions: What are 1-3 things I can do to feel that way?

Journal your thoughts: Define your thoughts, emotions & plans for today.

EVENING JOURNALING

Reflect on how you felt: How did you feel today?

Honour your intentions: Did I complete the three things I wanted to do?

Journal your thoughts: Describe your thoughts, emotions & experiences from today.

WHAT MADE ME GROW

WHAT MADE ME GRATEFUL

DAY FIVE

CONCLUSION

5 DAY CHALLENGE

Congratulations!



THANK YOU

It was my sincere pleasure to design this '5-Day Challenge Workbook' with the intention of helping you find clarity, go within to align to your authentic self, and provide the tools and techniques to implement an ongoing lifestyle full of clarity and insight.

There is no need to rush this journey, even though it is a 5-day challenge, you can extend it over the time you need, it is important that you take all the time you need, to reflect truthfully. This workbook is meant to help you achieve the highest level of fulfillment, while living your most authentic life's purpose. This journey will be unique to your readiness to surrender in this process, to open the divine connection to your Higher Self.

Enjoy your spiritual journey and surrender to the new awareness of who you are as a spiritual and physical being, and lovingly trust your process!

Amber 





REFLECTIONS

WHAT DID YOU DISCOVER?

What did you discover about yourself during the challenge? Use this space to reflect on how you felt before and after participating in the challenge

LIFE BEFORE THE CHALLENGE

LIFE AFTER THE CHALLENGE

FINAL THOUGHTS

5 DAY CHALLENGE

Write down any other thoughts you have using the space below. Describe your gratitudes, realizations, emotions, lessons & experiences from the challenge!



MEET THE AUTHOR

Amber Price, Founder and CEO of Clarity Academy, Host of The Insighters Podcast and Wife and Mother of Five, Grandmother to 3!

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Amber Price is one of Canada's top, highly sought-after, Psychic Mediums, with an international clientele and is in Niagara Falls, Ontario, Canada. Amber uses her psychic medium abilities to help you find the clarity and confidence needed to mindfully live your authentic life's purpose. Amber is a Soul Coach, Professional Speaker, Co-Host of Giant TV's video podcast "The Insighters", Host of the Spiritual Excellence Halo Awards, and is featured as an expert for radio, television and live events. Amber is inspired to offer an exclusive online membership community, 'Clarity Academy', to provide reliable information and resources to empower you, as you explore and enhance your own intuitive abilities, to mindfully live your most authentic life's purpose, whether for personal or professional development!



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A pair of hands is shown cupping a small amount of dark brown soil. A young green plant with three leaves is growing out of the soil. The background is a soft, out-of-focus light pink or peach color. The text is overlaid in the center in a white, sans-serif font.

CHALLENGE YOURSELF: IT'S THE ONLY PATH WHICH LEADS TO GROWTH

- MORGAN FREEMAN

LOOKING FOR MORE
TOOLS, SUPPORT,
TECHNIQUES LIKE THIS?

JOIN CLARITY ACADEMY



JOIN NOW