

 **Weekly Takeaway Sheet*****Choosing Creates Clarity*****1. Action Reduces Anxiety**

- Movement quiets overthinking
- Real steps replace imagined fear
- Action brings relief and focus

2. Experience Sharpens Intuition

- Life experience strengthens your inner voice
- Patterns become clearer over time
- Doing builds awareness and trust

3. Every Choice Teaches You Something

- There are no wasted decisions
- Each experience adds insight
- Learning replaces fear of “wrong” choices

4. Clarity Grows When You Stop Waiting and Start Moving

- Clarity follows action, not hesitation
- Small steps create momentum
- You build confidence by doing