

Before and after score sheet

The same four statements, scored at the start and at the end.

What moved

STATEMENT	BASELINE	FINAL
1. I can name three things I'm genuinely good at without downplaying them.		
2. I know what I want my next career step to be.		
3. I can explain how my past work connects to where I'm going.		
4. I have a one-sentence answer to "what do you want to be known for."		

Look at the gap between the two columns before you read anything else. That movement came from work you did: an inventory written down, a direction named, a story connected, a line you can actually say. Not from waiting to feel ready first. The clarity came from doing the thinking on paper, which is the only place it reliably shows up.

Keep it running

One habit, not ten: **the quarterly clarity check**. Twenty minutes, four times a year, with your inventory, direction, story, and line open. Update what's changed. That's the whole maintenance plan. Clarity that gets a check-in stays current; clarity you set once quietly goes out of date. If you keep one thing, keep this.