



Tools for Coming Home to Yourself

20 Questions *for* Clarity & Discernment



**A POWERFUL SET OF QUESTIONS TO
HELP YOU TUNE INTO YOUR DEEPER
WISDOM AND MOVE FORWARD
WITH CLARITY AND SELF-TRUST.**



Created by Jennifer Wade, Authenticity Coach
3DAuthenticity.com



A NOTE BEFORE YOU BEGIN

Discernment isn't about finding the 'right' answer.

There simply may not be a single right answer and, more importantly, it is fundamentally impossible to be certain about what comes of our choices ahead of time.

With that in mind, these questions are meant to invite you to connect with the part of you that already understands what feels aligned, true, and wise for you, and help you trust that knowing as you move forward.

Give yourself the time and space to tune into that inner wisdom and trust yourself to do your best now as well as once the decision is made.

Love and Blessings,

Jennifer



How to Use This Guide



Pause

Give yourself space to be honest and unhurried.



Write

Use a journal and let your answers flow without judgment.



Reflect

Look for patterns, insights, and what feels true in your body.



Trust

Your inner wisdom already knows. These questions help you hear it.



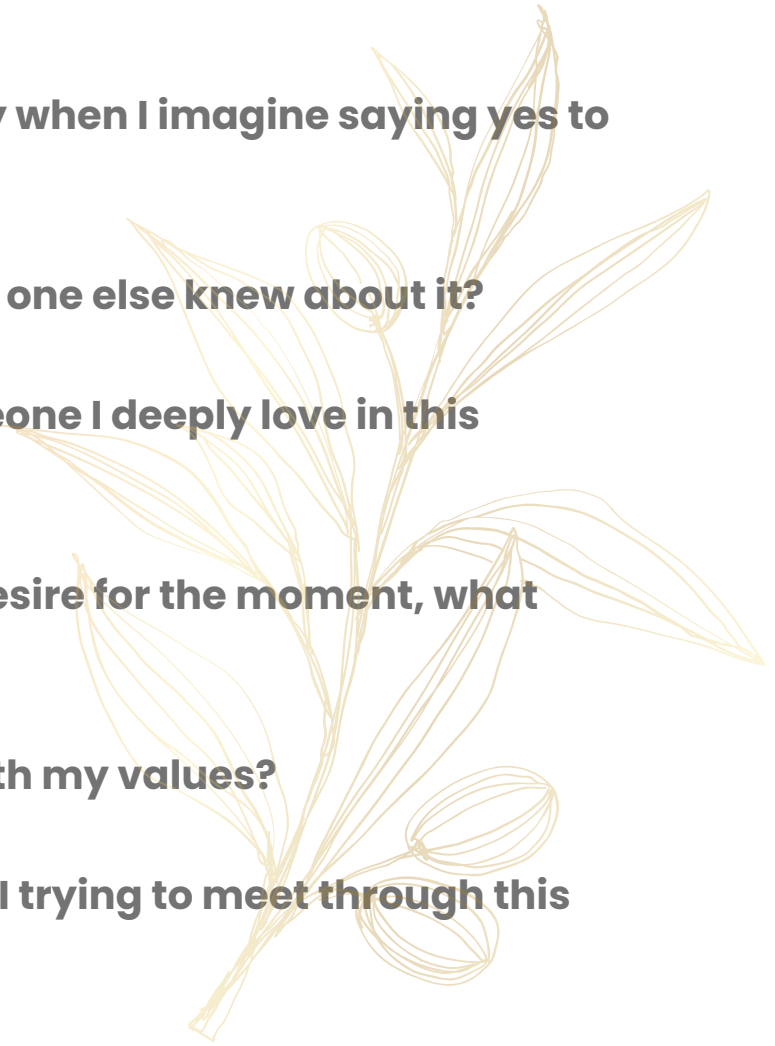


20 Questions

FOR CLARITY & DISCERNMENT



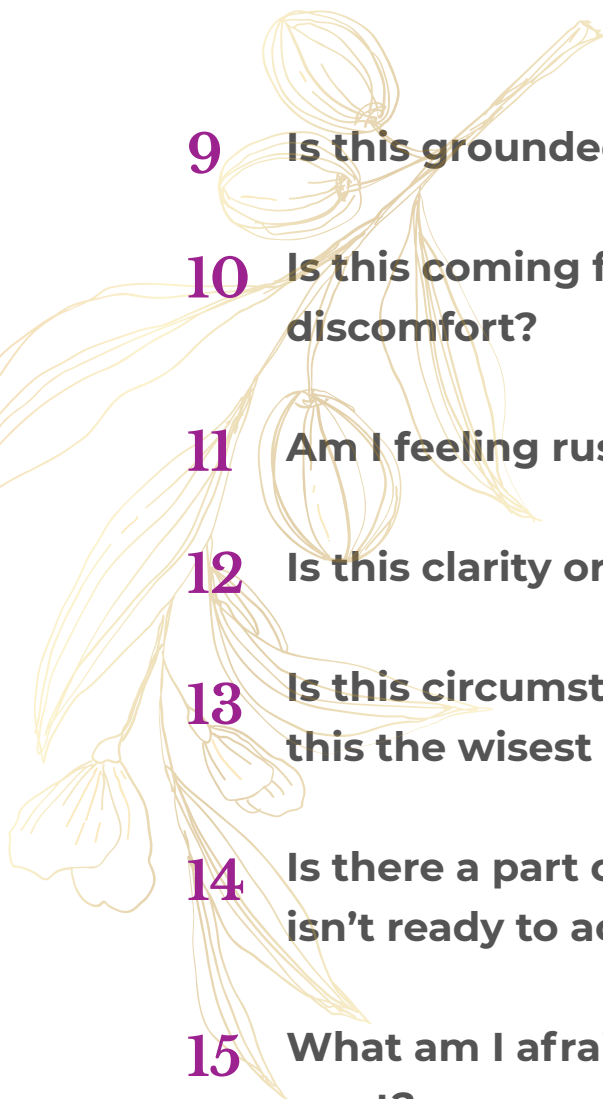
- 1** Am I avoiding something or being called toward something?
- 2** What happens in my body when I imagine saying yes to this? What about no?
- 3** Would I still want this if no one else knew about it?
- 4** How would I counsel someone I deeply love in this situation?
- 5** If I set aside fear and/or desire for the moment, what remains?
- 6** Is this decision aligned with my values?
- 7** What emotional need am I trying to meet through this decision?
- 8** Is this part of a larger pattern of mine? If so, how did that pattern play out last time?



20 Questions

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- 9** Is this grounded in wishful thinking or reality?
 - 10** Is this coming from my intuition or my desire to escape discomfort?
 - 11** Am I feeling rushed or spacious in making this choice?
 - 12** Is this clarity or urgency disguised as clarity?
 - 13** Is this circumstance meeting an unmet need? If so, if this the wisest way to meet that need?
 - 14** Is there a part of me that already knows the answer, but isn't ready to acknowledge it?
 - 15** What am I afraid might happen if I choose what I really want?
 - 16** Does this choice reflect the version of me I am becoming or the version of me I've been trying to outgrow?
 - 17** What happens to my energy when I imagine committing to this?



20 Questions

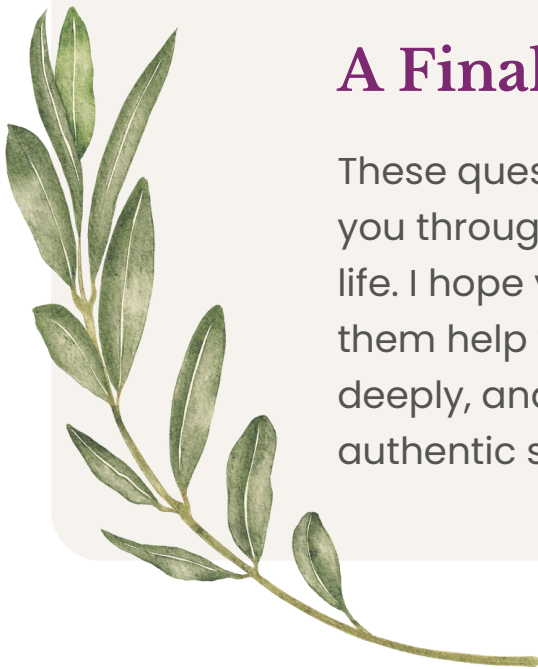
FOR CLARITY & DISCERNMENT



- 18 **Is there any forcing, striving, grasping, or proving myself baked into this decision?**
- 19 **What would the version of me at age seventy advise me to do in this situation?**
- 20 **What beliefs about myself or the world are influencing how I see this?**

A Final Thought

These questions are timeless and will serve you throughout the changing seasons of your life. I hope you will return to them often. Let them help you see more clearly, trust more deeply, and live more fully as your beautifully authentic self.



My Reflections



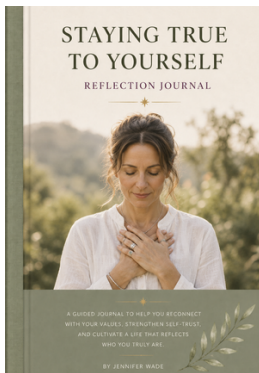
Use this space for anything that arises as you grapple with these questions.





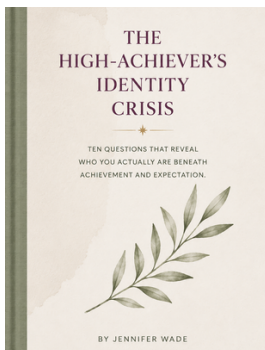
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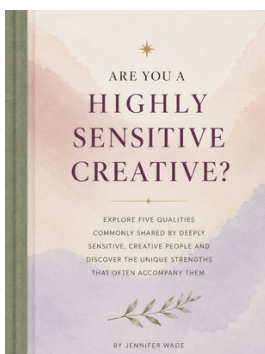
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