

Workbook

The Clarity Map

5 Steps to Break Free and Move Forward

The ultimate guide to uncover what's been holding you back, gain clarity on what you truly desire, and create an empowered path forward. Through self-reflection and actionable steps, you'll learn how to take meaningful action toward the life you're meant to live.

Mariah Aurora

Mariahaurora.com

Intro

Welcome!

Do you feel like something is holding you back—old wounds, past experiences, or simply the feeling that life isn't where you want it to be? Maybe you're not sure why things aren't changing, but you do know one thing: you're ready to step into a more powerful version of yourself and create a life that feels deeply aligned and meaningful. You know there has to be a better way to move forward—and there is!

I'm a spiritual healer and emotional empowerment coach, and I help women like you break free from the past and step into the life they were meant for. True transformation begins when we take responsibility for our own healing. And when we do, not only do we change our own lives, we become a ripple effect of healing and empowerment for everyone around us.

By the end of this guide, you'll have the clarity to define what you truly want and the confidence to start taking action toward making it a reality. Let's begin!

Table of Contents

INTRODUCTION

[page 2](#)

STEP 1

Acknowledge Where You Are

[page 3](#)

STEP 2

Reconnect with Your Inner Truth

[page 6](#)

STEP 3

Identify What's Holding You Back

[page 9](#)

STEP 4

Shift Your Perspective

[page 14](#)

STEP 5

Create Your Aligned Action Plan

[page 18](#)

BONUS CHALLENGE

[page 20](#)



Step 1: Acknowledge Where You Are



Before we can move forward, we need to get clear on what's holding us back. Often, we carry subconscious beliefs or fears that keep us stuck in patterns we don't even realize we're repeating. By bringing these to the surface, we take the first step toward freeing ourselves from them.

I remember working with a client who felt completely lost, unsure why she kept ending up in unfulfilling jobs and relationships. Once she sat down and reflected on the patterns in her life, she realized she had been making choices based on **fear**—fear of failure, fear of not being good enough, fear of disappointing others. Simply recognizing this was a breakthrough that changed everything for her.

Exercise 1: Spend a few minutes reflecting on what feels heavy or unclear to you right now. Use the following pages to write about what patterns you have noticed in your life. **Are there situations or emotions that seem to repeat? How might these patterns be connected to fears, limiting beliefs, or past experiences?**

Objective: to identify emotional, mental, or situational roadblocks.

Step 1: Reflect on Where You Are Now

- What emotions come up when I think about where I am in life right now?
- In what ways do I feel stuck or held back?
- If I could change one thing about my current situation, what would it be?

Right now, I feel stuck because...

Step 1: Reflect on Where You Are Now

A series of horizontal dotted lines for writing.

Step 2: Reconnect with Your Inner Truth

Many of us spend years chasing a life we think we should want—following expectations from parents, friends, or society—only to wake up one day and wonder, ‘How did I even get here?’ In this exercise we will reconnect with our deepest desires and our own personal inner truth.



➤ This exercise has 2 parts.

2

Visualize: Set a timer for 3 minutes. Close your eyes and imagine waking up in a life that feels perfectly aligned with your soul.

Where are you? Who is with you? What sounds fill the air? As you move through your day, what brings you the deepest sense of joy, purpose, and peace? Connect with the feelings that this visualization create and allow yourself to feel them fully, guilt free.

Use the following pages to describe what you saw, heard, smelled, and felt.

What parts of this life match your current reality? What feels completely different?

Write freely—don’t overthink or edit, just let your words flow.

This isn’t about creating a new path for you to follow, at least not yet.

Objective: Determine if fear and doubt weren’t in the way, what would I allow myself to desire?



Key Insight: Many people get stuck because they chase what they think they should want instead of what truly aligns with their soul.

Step 2: Reconnect with Your Inner Truth

- Describe a perfect day in your dream life—what do you see, hear, feel?
- What excites you most about this vision?
- How does this version of me show up differently than I do now?

My perfect day starts out with...

STEP 3

Identify What's Holding You Back



This exercise may bring up deep emotions, so give yourself the time and space to complete it without interruptions. Approach it with curiosity and self-compassion—you are not here to judge yourself, only to uncover the hidden roadblocks that may be keeping you stuck.

*Before we begin,
let's clarify an important
distinction:*

- ➡ Truths are objective. They can be proven, exist independently of our emotions, and remain consistent in all contexts.
- ➡ Beliefs feel true to us because of our past experiences, but they are shaped by perception rather than verifiable facts. They vary from person to person based on upbringing, culture, and education.



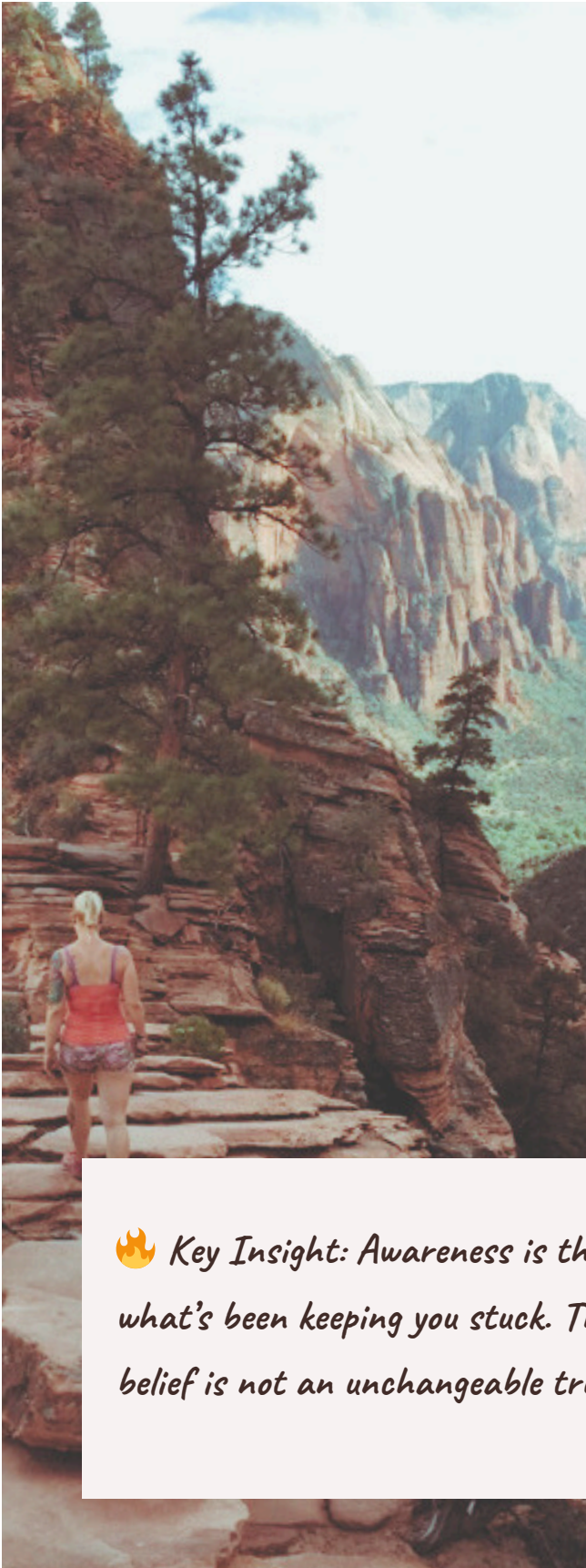
MOST OF THE BARRIERS
KEEPING US FROM GROWTH
AND SUCCESS ARE NOT
ABSOLUTE TRUTHS—THEY
ARE BELIEFS WE HAVE
INTERNALIZED OVER TIME.
AND BECAUSE BELIEFS ARE
SHAPED BY PERCEPTION,
THEY CAN ALSO BE
TRANSFORMED.

Your Exercise:

Grab your journal, or use the following pages, and list your biggest **self-doubts, fears, and limiting beliefs**.

Here are some examples to get you started:

- "I'm not smart enough to succeed."
- "I don't think I have what it takes to make a real change."
- "If I step into my power, people might reject me or think I've changed too much."
- "Healing takes years, and I'll never fully move on from my past."



Once you've written them down, ask yourself:

1. **Where did this belief come from? Did someone in my life reinforce this idea? Was it shaped by past failures or painful experiences?**
2. **Is this actually true? If I had to prove it as a fact, could I?**

What might be possible if I no

3. **longer believed this?**

🔥 *Key Insight: Awareness is the first step to breaking free from what's been keeping you stuck. The moment you recognize that a limiting belief is not an unchangeable truth, you begin to reclaim your power.*

Step 3: Identify What's Holding You Back

- What negative thoughts do I repeat to myself?
- Where did these beliefs come from? (Did someone tell me this, or did I assume it?)
- Are these beliefs actually true? If a friend had this belief, what would I tell them?

A belief I've always had about myself is..

Step 4:

Shift Your Perspective

Today's exercise builds on our last one, and is a practice that you can adopt in your life and reap the benefits for years to come!

We are going to shift from disempowering thoughts and beliefs, to more positive and more helpful thought processes.

Most similar exercises tell you to write down your limiting belief and then replace it with the exact opposite—but that often feels fake. If you've spent years believing "I'm not smart enough," telling yourself "I'm a genius" won't feel real.

Instead, we focus on *small but powerful* shifts—ones you can actually believe.

Step 4: Shift Your Perspective

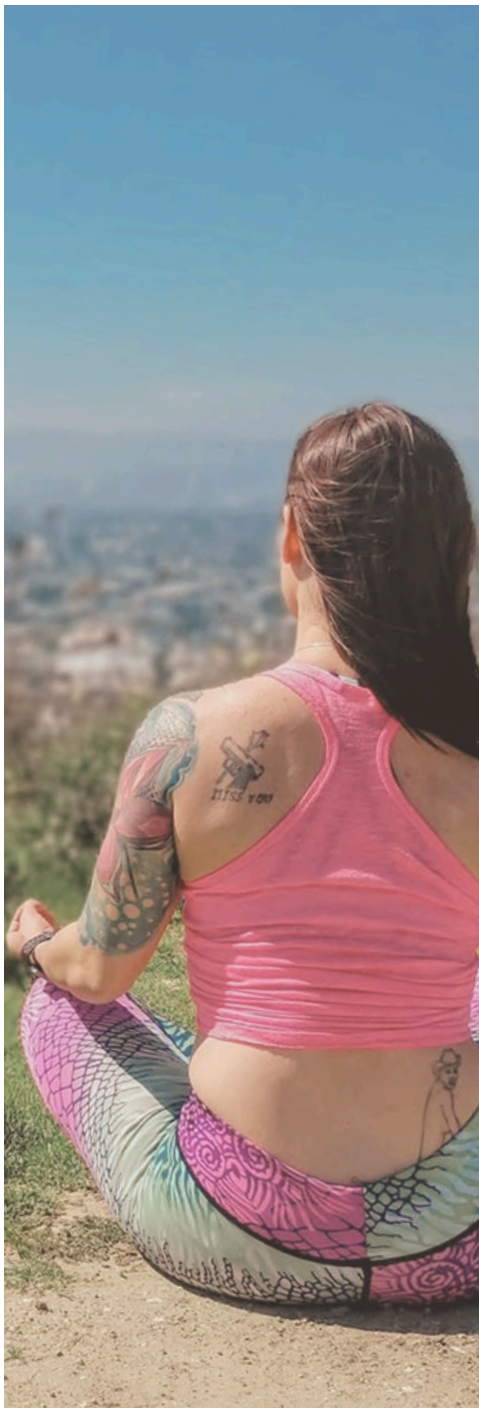


A single shift in perspective can create a ripple effect that transforms your entire life.

Choose 1-3 limiting beliefs from the previous exercise and rewrite them into empowering truths that feel achievable.

- "I'm not smart enough to succeed." → "I am capable of learning and growing every day."
- "If I step into my power, people might reject me." → "The right people will celebrate my growth, and I have the courage to attract them."
- "Healing takes years, and I'll never fully move on from my past." → "Healing happens in small steps, and each one moves me forward."
- "I have to choose between happiness and responsibility." → "I can create a life that balances both success and joy."

Once you've chosen your new belief, turn it into a mantra. Repeat it to yourself daily, even if you're not fully convinced yet. Allow yourself to believe in the **possibility** that it **could** be true.



After all, you spent years believing the original limiting belief—and it wasn't true. So why not give yourself permission to believe in something more empowering?



Belief shifts happen in stages. You don't have to go from doubt to absolute confidence overnight. Start with a thought that feels just a *little* more empowering than the one before it.

As that belief becomes natural, shift again to something even stronger. Here's an example of how a single belief can evolve over time:

"I am capable of learning and growing every day." → "The key to success lies in my ability to learn and grow." → "Failure is just an opportunity to learn." → "As long as I keep trying, I am succeeding."



Key Insight: Your beliefs shape your reality. When you consciously choose new ones, you open the door to transformation.

Step 4: Shift Your Perspective

- Choose 1-3 limiting beliefs from Step 3. How can I reframe each one into a more empowering thought?
- What is a small, believable shift I can make in my thinking?
- How will I remind myself of this new belief daily?

Instead of believing...

I choose to believe ...

because..

Step 5: Take Inspired Action

Clarity is powerful, but without action, it remains just an idea. The final step in this process is to take a *real, tangible* step toward the life you desire. But remember, taking action doesn't mean making massive, overwhelming changes overnight. Transformation happens one step at a time



Think of your future self—the version of you who has **already moved forward, healed, and embraced their power**. What choices would they be making? What habits do they have?

The key to becoming that version of you is to start embodying those actions **now, in small but intentional ways**.

Your task: Choose one action you can take **this week** that aligns with the life you want to create. Here are some examples to get you thinking:

- If your new belief is **“I am worthy of love and respect,”** your action might be **setting a boundary** with someone who has been overstepping.
- If your new belief is **“I am capable of success,”** your action could be **applying for the job** you've been too afraid to go for.
- If your new belief is **“My well-being matters,”** your action might be **scheduling time for self-care without guilt**.

Step 5: Take Inspired Action

- What is one small action I can take today that aligns with my vision?
- How will taking this step make me feel?
- What could get in my way, and how will I overcome it?

A small but powerful step I can take today is...

Bonus Challenge!

To keep your momentum going, also choose **one habit or practice** you can commit to for the next **30 days**.

This could be repeating your new mantra daily, journaling each morning, or taking small courageous steps that align with your vision.



KEY INSIGHT:

BIG CHANGES START WITH SMALL, CONSISTENT ACTIONS. THE MOST IMPORTANT STEP IS ALWAYS THE NEXT ONE.

Stay accountable!

Email me at coachmariaaurora@gmail.com and share your 30 day goal!

Next Steps

You Have the Map—Now Let's Navigate Together!

Having a roadmap is a powerful first step, but **even with a clear direction, it's easy to take a few wrong turns** or get stuck along the way. That's where guidance makes all the difference. **Think of me as your GPS**—helping you course-correct, avoid unnecessary detours, and **keep moving forward with confidence.**

If you're ready to take the next step and get personalized guidance on your healing journey, let's connect. In a free clarity call, we'll go over your biggest insights from this guide and map out your best path forward—so you're never left second-guessing which way to go.

Click below to schedule your free call. **I can't wait to support you on this journey!**



Thank you!

BOOK YOUR CALL NOW