

Clarity & Repentance Worksheet

A Guided Framework for Realignment and Inner Renewal

Purpose: Clarity reveals where you are. Repentance realigns where you are going. This worksheet guides honest reflection, responsibility, and decisive correction.

SECTION I — Diagnostic Clarity

1. Where do I feel misaligned right now?

2. What feels heavy or unresolved?

3. What decision, habit, or pattern created this drift?

4. What emotion dominates me right now?

SECTION II — Responsibility & Ownership

5. What excuses have I been telling myself?

6. Rewrite without excuse: 'I chose to _____.'

7. What belief allowed this drift?

8. Replace that belief with truth.

SECTION III — Repentance & Realignment

9. What specific behavior must stop immediately?

10. What specific behavior must begin immediately?

11. What corrective step will I take?

12. Completion date: _____

SECTION IV — Alignment Reset

13. Write your life mandate in one sentence.

14. Does this behavior align with my mandate? (Yes/No)

15. What changes today?

SECTION V — Prevention System

16. What boundaries must I install?

17. When is my weekly review checkpoint?

18. Commitment: 'I will not allow drift to grow unnoticed.'

Closing Reminder

Repentance is strength. Correction is wisdom. Alignment restores authority. Drift happens quietly. Return must happen intentionally.