

A SELF COACHING GUIDEBOOK



THE CLARITY PAUSE

10 Questions to Rediscover Yourself
and Design Your Next Chapter

TRI NURAINI
Executive Coach

WELCOME HOME,



"When you are navigating challenges and growth starts to feel heavy, the answer isn't to push harder— it is to slow down."

In a world that constantly tells us to move faster, push harder, and do more, taking a moment to slow down is a radical act of courage.

This guide is designed as a quiet pitstop for your mind.

Whether you are navigating a major life transition, feeling stuck in your career, or simply craving deeper alignment, these 10 questions—curated from The BIG Questions card deck—will help you quiet the external noise and listen to your inner wisdom.

HOW TO USE THIS GUIDE BOOK



Print it out & grab a pen

Put away your phone and laptop. Writing by hand helps unlock genuine, unedited thoughts.

Create your quiet space

Find a quiet corner, grab a warm drink, and silence your notifications for 30 minutes, or more.

Write without filtering

Do not worry about neat handwriting or "correct" answers. Let your thoughts flow naturally onto the page. There are no right or wrong answers.

Listen to your body

Notice which questions make you pause, smile, or feel a surge of energy—those are your clearest signposts.



Your name:

Date:

1. What life has taught you recently?

Reflect on a recent lesson, quiet truth, or personal insight.

2. What does SUCCESS mean to you right now?

Move away from society's expectations. What does success look like on your own terms?

3. What is missing in your life, career, or business?

Be honest: What experience, space or support are you longing for?

4. What makes you feel more alive?

When was the last time you lost track of time doing something you loved?

5. What is your biggest challenge right now?

Name it, describe it, and how do you feel about it? No judgment.

6. What is a moment in your life that you consider a turning point, and why?

Honor and celebrate how far you have come and the strength you already have.

7. What fills your energy?

Audit your daily rhythm: What brings you alive? Can be people, places, activities or thoughts.

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8. And, what drains you?

Where are you leaking your energy?

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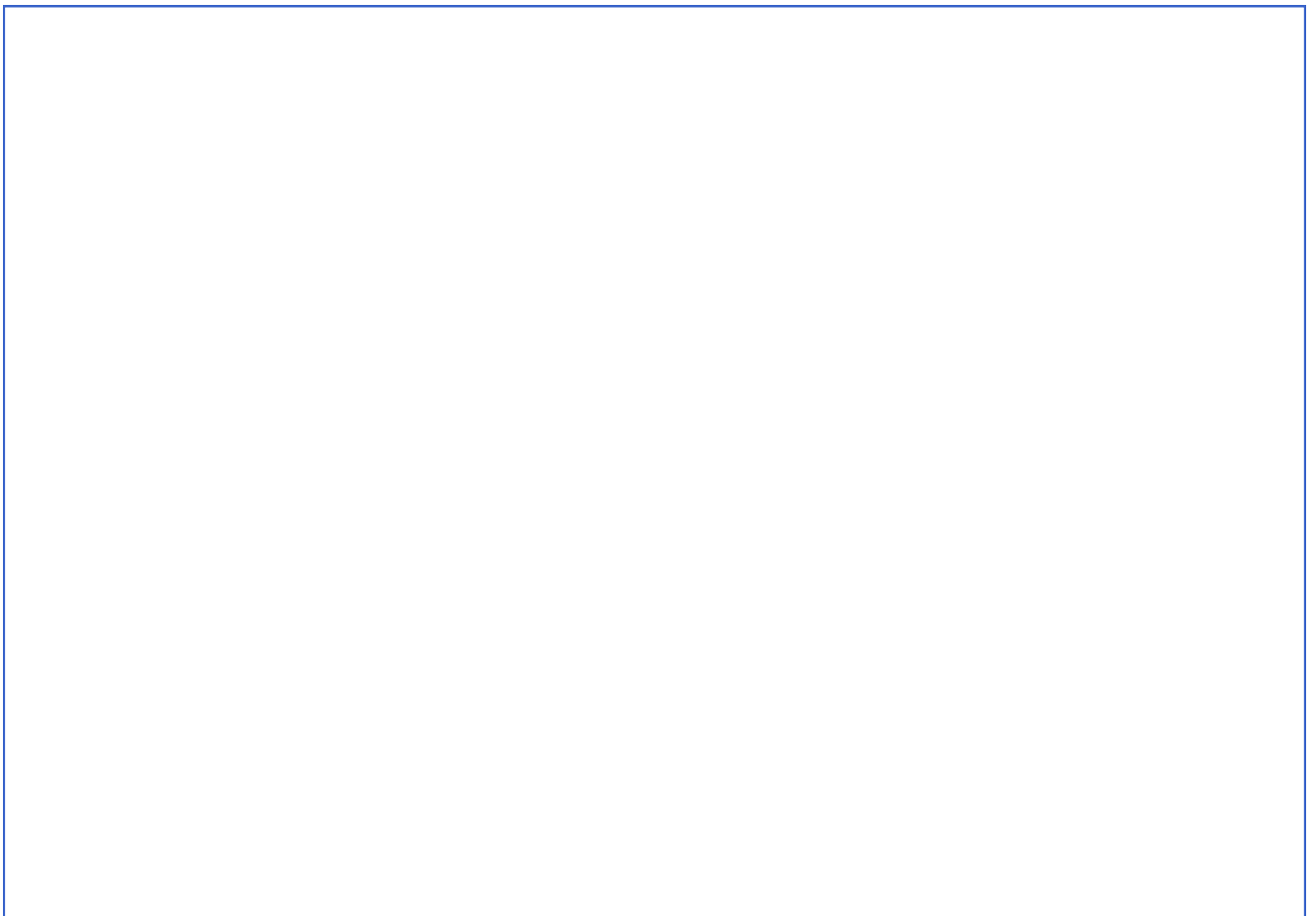
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9. What would you do if you knew it was OK to fail?

If fear were removed from the equation, what dream would you pursue?

10. What do the best 3 years of your life look like?

Take a deep breath, close your eyes and visualize your next chapter in growth, health, relationships, career or business, and leisure. You can also draw it in the box below.



“You are meant to thrive, not just survive”

YOUR NEXT STEPS

“A big plan is scary. A small move is easy.”

Reflect on what you’ve learned about yourself in this workbook. Write down your biggest insight and your one action. You don’t have to figure out the next ten steps, just the first one. Commit to doing it by this week.

Your ONE insight

Your ONE action

ADDITIONAL RESOURCES

INSIGHTS

Explore a collection of my blog articles on self-discovery, inner alignment, navigating life challenges, and more. Always free.
Updated biweekly.

trinuraini.com/blog

TOOLS & BOOKS

A curated space for my tools and books designed to support your growth journey. Bring the essence of coaching into your daily rhythm so you can learn and grow at your own pace.

trinuraini.com/books



READY FOR DEEPER TRANSFORMATION?

Self-reflection gives you awareness, coaching helps you with the structure, strategy, and support to bring it to life.

If you are navigating challenges, have bold dreams, and are ready to design your next chapter of growth without sacrificing your peace, let's talk :)

trinuraini.com/coaching