



TAKING THE TIME... FOR YOU!
Course Introduction



clar-i-ty

- 1: the quality of being easily understood
- 2: the quality of being expressed, remembered, understood, etc., in a very exact way
- 3: the quality of being easily seen or heard



Clarity requires a shift from a posture of surviving to thriving.

As women, we live our lives in such a way that we are caring for others *a//* the time. Whether it is for our friends, our spouses, our children, our co-workers, or our parents, we often move into a role of care taking. Women are becoming tired, weary, exhausted... but out of love, we keep going. We keep giving. We keep caring. We keep offering our hearts until oftentimes, there is little left for ourselves. The dreams of who we once were can become a distant memory.

Learning to care for our spirit sustains us in a life of thriving.

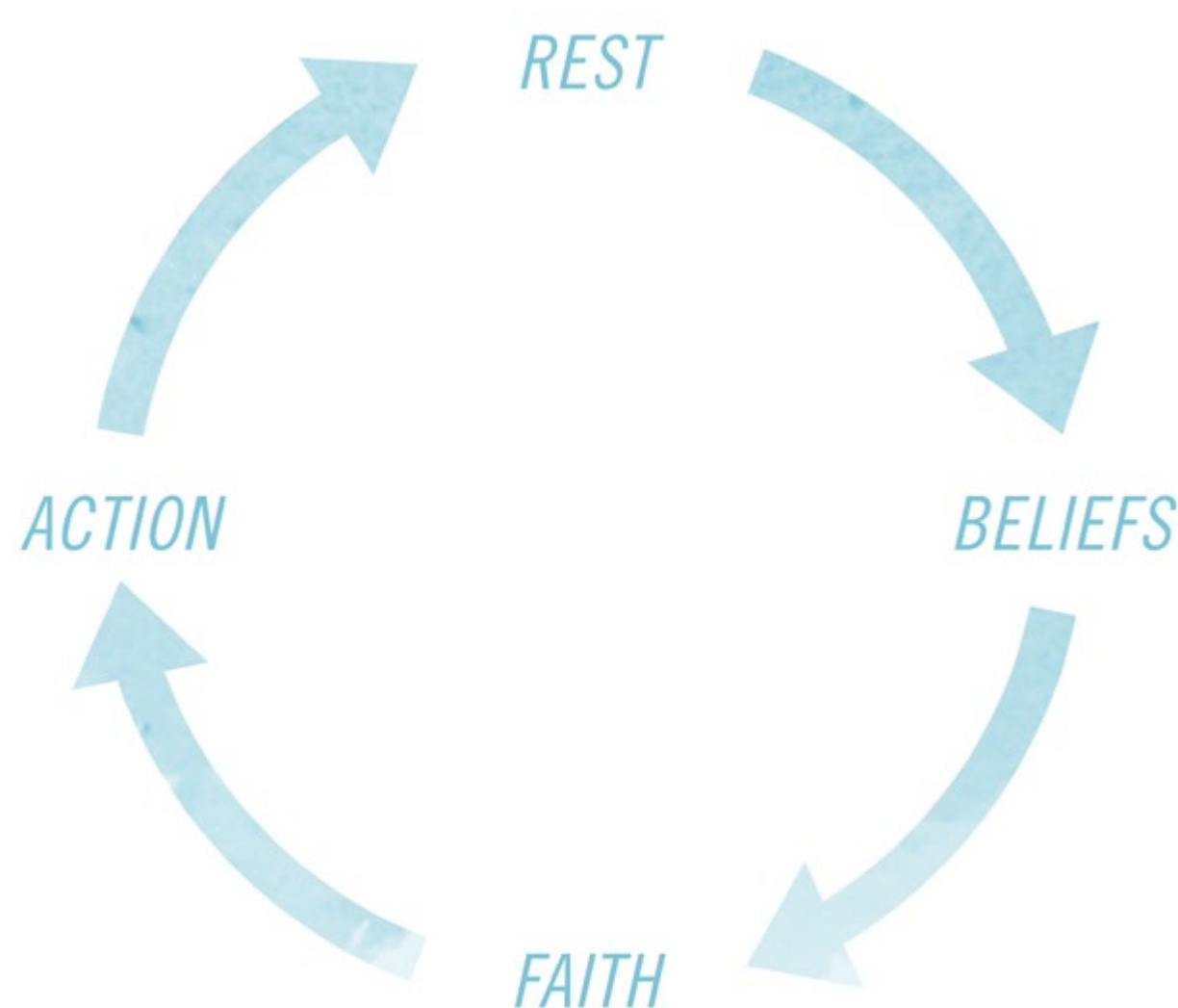
The Clarity Process was uniquely designed to help you make that shift in such a way that it supports the real you for everlasting, joyful change.

Spirit-Care

Engaging, and even more so, embracing your sense of purpose and life's vision requires caring for the non-physical part of a person that is the seat of emotions and character; the soul.

The Clarity Process begins with Rest; rest of the mind and body, rest from the daily grind and pressures of impending demands so that you can better examine and define a path forward that is more inline with your most heartfelt needs and desires.

Through rest, you are better able to define your beliefs, choose to embrace your faith, & design an action plan that emboldens the uniqueness of your soul, making each action step easier and the journey one of passion.



[LEARN MORE](#)

Moving From a Life of Surviving Into a Life of Thriving

The Clarity Process is a six-week, online course designed to take you step by step through a self-defining process of love, awareness and growth at your own speed.



Transformational Tools

Each week, you're provided with a written set of unique coaching tools designed to help you examine what has held you back, and then redefine and design a more true path forward to an amazing and fulfilled life.



Couch Time

All weekly sessions include an inspiring 'Couch Time' video featuring The Clarity Process team members as they openly and honestly discuss their own journey through rest, beliefs, faith and action. Couch Time is a revealing discussion about triggers, setbacks, traumas and healing, and how through the Clarity Process, you can re-discover who you truly are, and more importantly, learn that self-love and empowerment is possible.

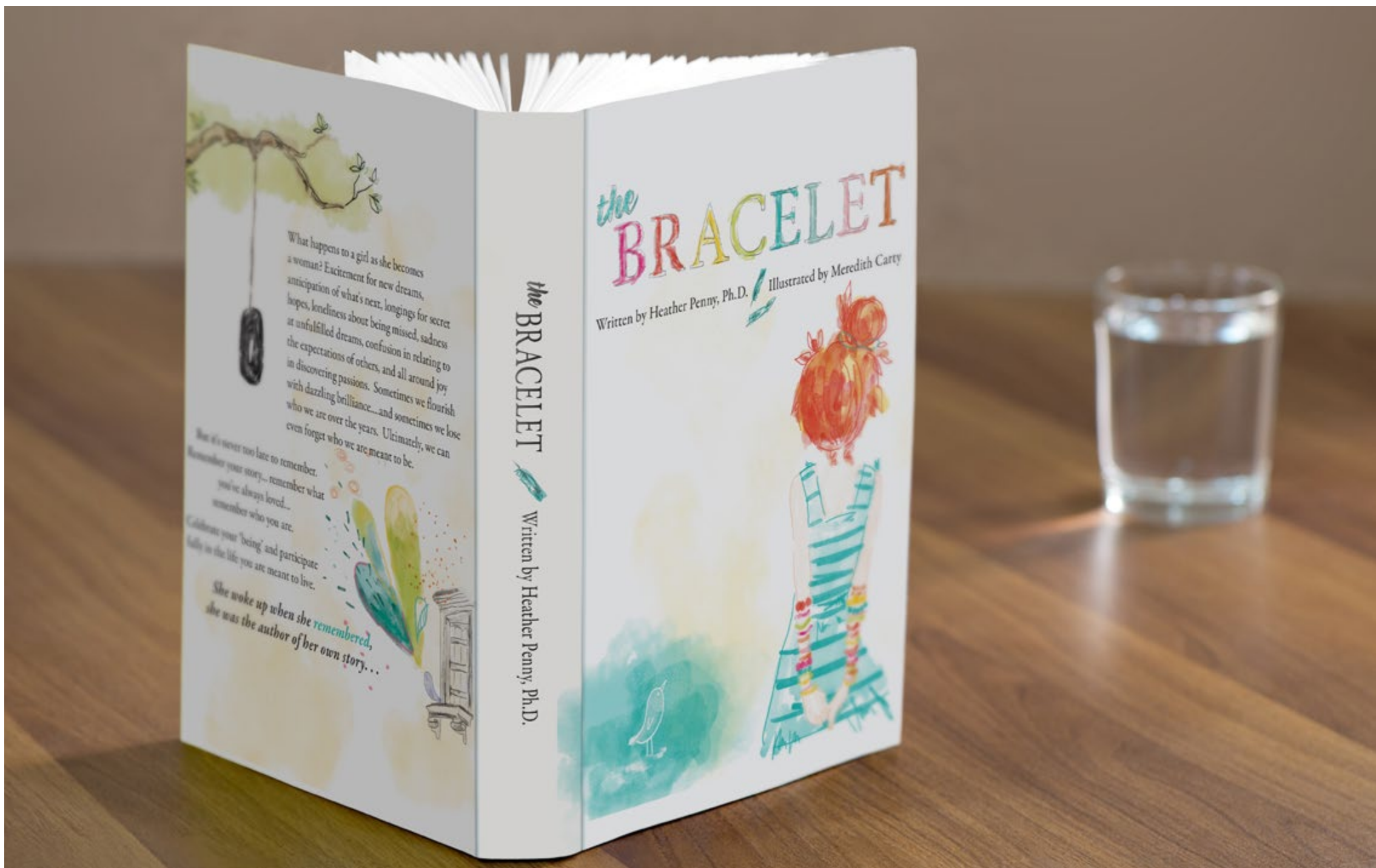
THE CLARITY PROCESS



Through Clarity, Joy, Grace and Purpose: Thrive

Within an ocean of self-sacrifice, emotional and professional compromise, and the soul-restrictive chains that often accompany our duty & commitment to friends and loved ones, The Clarity Process invites you to rediscover the boundless freedom and joy available when you create a life that reflects the real You!

Join us now at [The Clarity Process](#)



The Bracelet

The Bracelet is a simple, beautifully illustrated story of embracing all that we are without sacrificing ourselves, or the love of others.



This book has become near and dear to my heart. It makes for a beautiful, easy, endearing read & has become a great tool to initiate conversation between myself & my teenage daughter."

[LEARN MORE](#)



Have questions?
We'd be happy to assist you.
Contact us today!



916.741.2777



coaching@heatherpenny.com



HeatherPenny.com



Clarityecourse.com