

song: **Finally Woken - Jem**

week #13

**clarity:** (noun: own it)

- Clearness of appearance
- Clearness of thought or style; lucidity

accuracy, certainty, comprehensibility, definition, directness, evidence, exactness, legibility, lucidity, openness, precision, simplicity, tangibility, unmistakability

Sometimes life feels long, but remember: Your life only belongs to you. It's only YOU who can lift it from doldrums, or shift yourself out of the rain. Only YOU can direct your actions, and affect your outcome. Only YOU can charge forward to make it a great day, a great workout, a great relationship. You just must be clear about what your current situation really is, and what you want from it.

***"A loud voice cannot compete with a clear voice, even if it's a whisper."***- Barry Neil Kaufman

What direct outcome do you need from your workouts, from your job?  
What do you expect from each of your personal relationships?

Have you written (your expectations) into a journal, or posted onto your refrigerator... Your own legible words staring back at you?  
Do you have a precise plan?

Have you recognized your roadblocks (or speed-bumps) so that you will move fluidly around them, towards your clear goal?

***"In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness. Our life is a long and arduous quest after Truth".*** - Mahatma Gandhi

Clarity takes time, commitment, and focus. Plan your meals and eat food for fuel. Schedule your workouts so that they are well balanced. Contemplate your relationships and be certain they are serving you in the most healthy way. Prepare yourself to move closer towards the person you want to become in this lifetime.

**ACTION:** You gain clarity of thought when you are healthy and un-distracted. This week, actively seek a full night's sleep, (6-7 hours) even if you need to go to bed earlier than usual. Notice how this affects your communication and decision making.



To make your workout time more efficient, during your Plank Switches, develop movements which are precise and defined – each action should embody clarity.

### March Color: Fair Aqua

The color for the month of March is Fair Aqua. This color helps you develop clarity of your innermost needs and desires by guiding you safely through your conscious and subconscious thoughts. Focus on this color to help you gain restful sleep.

### March Chakra: Heart & Throat

Aqua, a mix of green and blue, is associated with your heart and throat chakras. When balanced, the 5<sup>th</sup> and 6<sup>th</sup> chakras will help you find clarity through wisdom, creativity, expression, communication and trust.