

# wellness

## THE ANCHOR PATHWAY

### Lesson 2: Get Clear

You're not confused.

Your signal is unclear.

## **You're not confused**

Most people think they lack clarity.

They don't.

They're just surrounded by noise.

## **What unclear signal feels like**

You:

Second guess decisions

Overthink simple things

Delay action

Look for constant confirmation

It feels like confusion.

But it's not.

It's interference.

## **The real problem**

Clarity doesn't come from more information.

It comes from a clearer signal.

## **Where noise comes from**

Your signal gets distorted by:

Too many voices

Too much input

Internal pressure

Mental overload

## **The shift**

You don't need more answers.

You need less noise.

## **Try this**

Pause for a moment.

Ask yourself:

### **What is currently influencing my thinking the most?**

Not what should be.

What actually is.

## **Write it down**

What is creating noise in my life right now?

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What decisions am I currently second guessing?

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## **Clarity principle**

The clearer your signal...  
the easier your decisions.

## **Next step**

Complete your Signal Score.

This will show you where your clarity is being affected.