

5-Minute Lifestyle Clarity Worksheet

✨ Get Clear on What You Want—Before You Decide What's Next

Most people chase opportunity without ever stopping to ask:
“Is this the life I actually want to build?”

This quick worksheet will help you reconnect with your values, energy, and goals. You don't need hours—just 5 minutes of truth and a pen.

What Drains You?

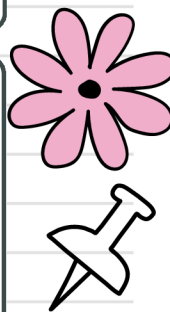
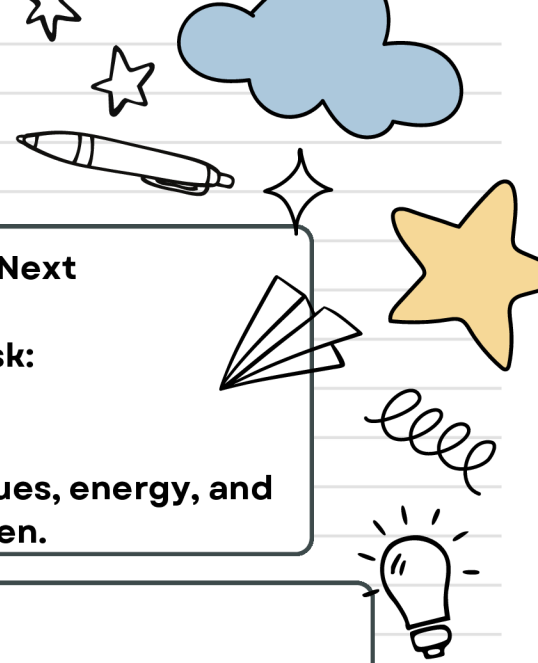
What parts of your current work or routine leave you exhausted, frustrated, or uninspired?

What Energizes You?

When do you feel most alive, motivated, or proud? These are your clues for your next chapter.

Describe Your Ideal Day

No filters. Don't think about what's “realistic.” Just paint the picture - morning to night.



Your Non-Negotiable

What are the 2-3 values or priorities you refuse to sacrifice in your next move? (ex: time freedom, income potential, creativity, purpose, flexibility, ownership)



What Does Your “Next Level” Look Like?

Forget job titles. Think lifestyle. Use simple, human words. “I’ll know I’m on the right path when _____”



What did you discover about yourself?

If this stirred something up – and you want help exploring what kind of business or lifestyle could match what you just wrote – let’s talk.

Promise there’s no pressure, no obligation, no sales pitch. Just conversation to help guide you to exploring what might be your “next”

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