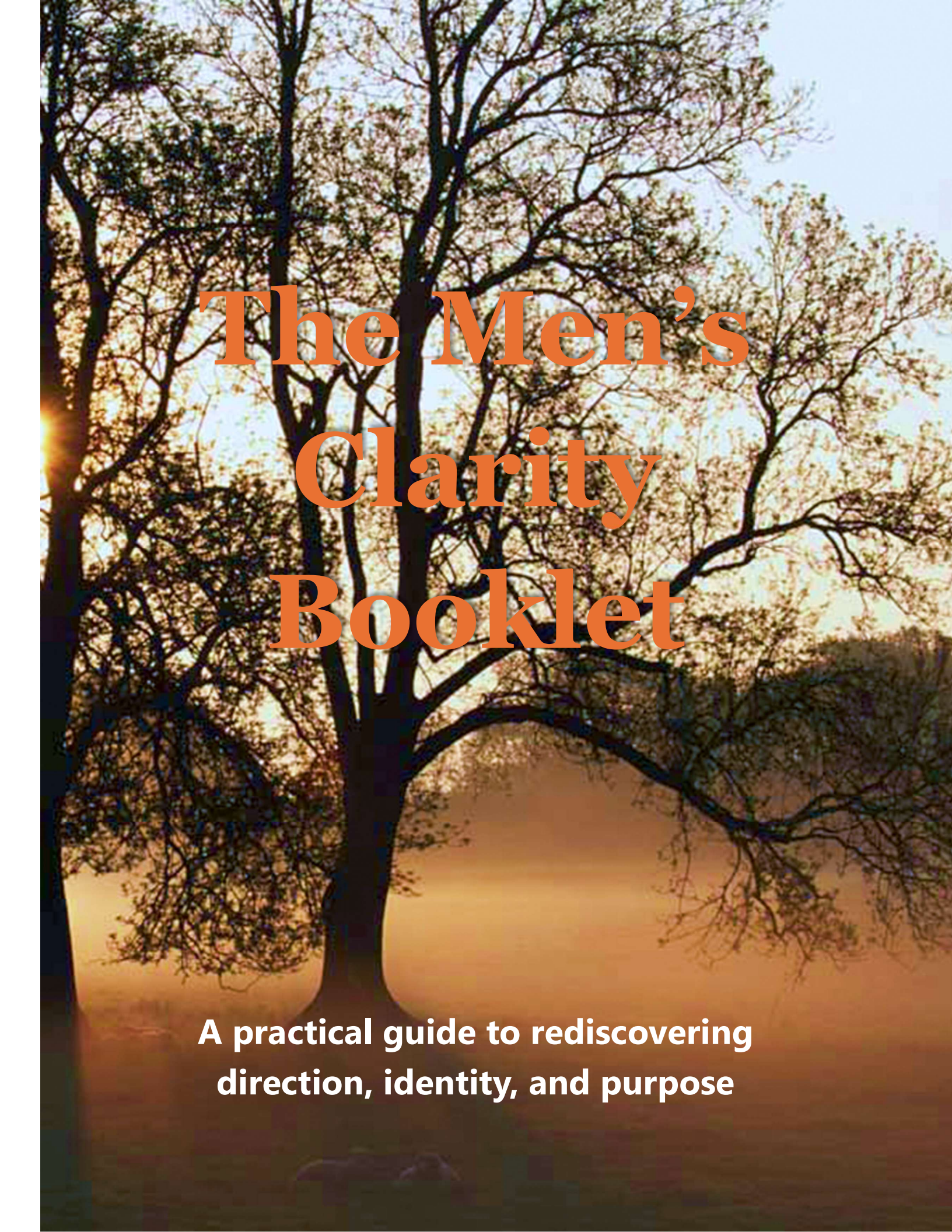




The Men's Clarity Booklet

**A practical guide to rediscovering
direction, identity, and purpose**

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INTRODUCTION AND CONTEXT

When someone asks how life is going, it is easy to answer, “Yeah, I’m fine.” On paper, things look steady. You work hard. You carry responsibility. People trust you. You are not

falling apart, not in crisis, and not about to walk away from everything. Yet underneath, “fine” does not feel fine. There is a quiet unsettled feeling. A sense of drifting. A sense that you are moving but not moving forward.

You keep doing what you have always done, but you are not sure why anymore. The spark you once felt has cooled. You are not broken, but you are not lit up either. Many men live in that space. Capable, committed, and carrying a lot, but not clear.

This booklet is written for that man. Not the man in crisis. Not the man who has given up. The man who is still turning up and wondering if there is more. The man who senses that something needs to shift but does not yet have words for it. Instead of telling you to chase a dramatic calling moment or blow up your life, we are going to do something quieter and more honest. We are going to look at clarity.

Clarity about who you are. Clarity about what you are carrying. Clarity about what is happening under the surface. Clarity about where you might want to go next.

Men often carry more than they admit. Pressure. Expectations. Unspoken worries. The belief that they should already have everything figured out. When clarity slips, it is easy to feel stuck or directionless. But feeling stuck is usually a sign of something deeper. A new season forming. A shift in identity. A pull toward something more aligned.

This booklet is designed to be simple, honest, and easy to work through. Each chapter looks at a different part of the clarity journey. Why men get stuck. The masks we wear. The signs of transition. The messy middle. Strengths and energy. Transformation. Purpose. Coaching. And finally, a diagnostic and an invitation to take a next step.

You do not need a perfect plan. You do not need to know exactly what is next. You only need a starting point. Think of this as a guide to move from fine to clear, from stuck to aligned, and from drifting to purposeful. One honest step at a time.



Chapter 1: Why men get stuck

Most men do not get stuck because they are weak or unmotivated. They get stuck because they have spent years doing the right things. You show up. You work hard. You carry responsibility. You support others. You keep life moving. When you live that way for long enough, you build patterns. Those patterns become habits. Those habits become the way you live.

The challenge is that patterns which once served you can slowly become patterns that hold you still. It does not

happen suddenly. It happens quietly. You wake up one day and realise you are still doing what you have always done, but you are not sure why anymore. You are not failing. You are not falling apart. You are not in crisis. You are simply drifting.

Drifting feels like this. You keep moving, but you are not moving forward. You keep working, but you are not energised. You keep carrying weight, but you are not connected to purpose. You keep showing up, but you are not lit up.

Many men assume this feeling is normal. They tell themselves it is just life or just getting older. But stuckness is rarely about age or ability. It is usually about alignment. You have outgrown a season, but you are still living inside it. You have changed internally, but your external world has not caught up. You are carrying responsibilities that made sense years ago, but do not match who you are now.

Because men are conditioned to push through, you keep going. You keep grinding. You keep doing what is expected. You keep being reliable. You keep being strong. You keep being the one people can count on. But inside, something is shifting.

It is subtle. It is quiet. It is easy to ignore. But it is real.

You start to feel unsettled. You start to question things you never questioned before. You start to notice that the things that once gave you energy now drain you. You start to

sense that something new is forming, even if you cannot name it yet.

This is the beginning of clarity. Not the loud, dramatic kind, but the slow, internal kind that begins with discomfort. Feeling stuck is not a sign of failure. It is a sign of transition. It is your internal wiring telling you that the season you have been living in is ending and a new one is trying to begin.

Most men do not recognise this shift because they have never been taught to. They have been taught to push harder, not pause. They have been taught to carry more, not question the load. They have been taught to be strong, not reflective. They have been taught to keep moving, not ask where they are going.

Clarity begins with noticing. Noticing the drift. Noticing the discomfort. Noticing the misalignment. Noticing the quiet sense that something needs to change.

This chapter is your permission to stop blaming yourself for feeling stuck. You are not stuck because you are failing. You are stuck because you are growing. Growth always begins with a moment where the old way no longer fits.

This is that moment.



Chapter 2: The masks men wear

Men learn early how to carry themselves. You learn how to be steady. You learn how to be capable. You learn how to be the one who keeps things together. Over time, these learned behaviours become masks. Not fake masks. Not dishonest masks. They are protective layers that help you move through life, support others, and keep functioning even when things feel heavy.

There is the mask of strength. The mask of humour. The mask of competence. The mask of busyness. The mask of being fine.

Each mask has a purpose. Strength helps you push through hard seasons. Humour helps you defuse tension. Competence helps you solve problems. Busyness helps you avoid discomfort. Being fine helps you keep going when you are not sure what else to say. None of these masks are wrong. They are simply familiar.

The challenge is that masks can become heavy. You can wear them for so long that you forget what your actual face looks like underneath. You keep showing strength even when you feel tired. You keep being funny even when you feel flat. You keep being competent even when you feel overwhelmed. You keep being busy even when you need rest. You keep saying you are fine even when you are not.

The mask becomes a habit. The habit becomes a role. The role becomes an identity.

And somewhere along the way, you lose touch with how you really feel.

Most men do not remove their masks because they fear what might happen if they do. You might worry that people will see weakness. You might worry that you will disappoint someone. You might worry that you will not know who you are without the mask. You might worry that you will not be able to carry everything you have been carrying.

But here is the truth. The mask is not the problem. The mask is a signal.

It tells you that you have been carrying more than you admit. It tells you that you have been performing strength instead of living from strength. It tells you that you have been protecting yourself from something you have not yet named. It tells you that you have been trying to keep up with expectations that no longer fit.

When a new season begins, the mask becomes uncomfortable. You start to feel the gap between who you appear to be and how you actually feel. You might still look confident, capable, and steady, but inside you feel disconnected or tired. You might still be the one people rely on, but inside you feel stretched thin. You might still be the one who keeps things together, but inside you feel like you are losing your grip.

This discomfort is not failure. It is honesty trying to surface.

Removing a mask does not mean collapsing. It does not mean giving up. It does not mean becoming someone else. It means allowing yourself to be seen. It means acknowledging what is real. It means giving yourself permission to feel what you feel instead of hiding behind what you think you should feel.

Clarity begins when the mask slips. Not when it falls off. Not when you throw it away. When it simply slips enough for you to notice what is underneath.

Underneath the mask is the real you. The tired you. The hopeful you. The frustrated you. The growing you. The you who wants something more aligned. The you who is ready for a new season.

This chapter is an invitation to notice your masks without judging them. They have served you. They have protected you. They have helped you survive. But they are not meant to define you forever. When you begin to see the mask for what it is, you begin to see yourself more clearly.



Chapter 3: Old dogs and new patterns

You have probably heard the saying that you cannot teach an old dog new tricks. It is one of those phrases people

throw around when they want to suggest that change is no longer possible. The idea is simple. Once you reach a certain age or stage, you are set in your ways. Your patterns are fixed. Your habits are locked in. Growth is over.

But what if that is not true at all. What if the problem is not age. What if the problem is not ability. What if the problem is simply that you have been running the same patterns for so long that you have forgotten you can update them.

Most men do not struggle with change because they cannot change. They struggle because they have spent years building routines that helped them survive, succeed, or stay steady. Those routines become familiar. Familiar becomes comfortable. Comfortable becomes automatic. And automatic becomes the story you tell yourself about who you are.

You are not an old dog who cannot learn new tricks. You are a man who has been living inside patterns that once made sense but no longer fit the season you are entering.

Patterns are powerful. They help you get through tough years. They help you carry responsibility. They help you stay reliable. They help you keep moving when life is demanding.

But patterns can also become prisons. Not dramatic prisons. Quiet ones. The kind you do not notice until you start feeling restless.

Restlessness is often the first sign that a pattern is outdated. You feel it when you keep doing something that used to energise you but now drains you. You feel it when you keep saying yes to things you no longer want to carry. You feel it when you keep living in a way that no longer reflects who you are becoming.

This is not failure. This is growth.

Growth always begins with discomfort. Discomfort is the signal that your internal world has shifted and your external world has not caught up yet. You are not stuck because you cannot change. You are stuck because you have not yet updated the patterns that shape your life.

Think about a dog that has never been trained. People assume it cannot learn because it is older. But the truth is simple. It has never been taught. It has never been guided. It has never been shown a different way. The moment someone invests time, patience, and clarity, the dog learns. Not because it is young, but because it is capable.

Men are the same. You are capable. You are adaptable. You are teachable. You are wired for growth.

You simply need permission to believe that change is still possible.

Many men reach a point where they feel stuck and assume it is too late to shift. They tell themselves that they should already have life figured out. They tell themselves that they cannot change direction because people rely on them. They tell themselves that they must keep doing what they

have always done because that is what responsible men do.

But responsibility without alignment becomes exhaustion. And exhaustion without clarity becomes stuck.

This chapter is an invitation to challenge the old dog story. You are not finished growing. You are not done learning. You are not locked into the patterns you built years ago. You are allowed to update your life. You are allowed to shift your direction. You are allowed to become a clearer version of yourself.

Change does not require a dramatic overhaul. It begins with noticing. Noticing what feels heavy. Noticing what feels misaligned. Noticing what feels outdated. Noticing what no longer fits. When you notice these things, you begin to see where your patterns are ready for renewal.

You are not too old. You are not too late. You are not stuck. You are simply ready for new patterns.



Chapter 4: Clarity without certainty

You may have heard the phrase clear as mud. It is a strange expression because mud is not clear at all. Mud is

thick, messy, and impossible to see through. Yet the phrase captures something important about clarity. Clarity does not always arrive as a bright light or a perfect plan. Sometimes it arrives as a feeling that something is shifting, even though you cannot yet see the full picture.

Many men wait for certainty before they act. You want the map, the steps, the guarantee, the outcome. You want to know exactly what the next season will look like before you take the first step. You want clarity to be complete. But clarity rarely arrives that way. It usually begins as a whisper. A discomfort. A nudge. A sense that the old way is no longer working.

Early clarity feels muddy. You know something is off, but you cannot name it. You feel a pull toward something new, but you cannot describe it. You sense that change is coming, but you cannot see the details. You feel restless, but you do not know why.

This muddy clarity is not a problem. It is a beginning.

Most men misunderstand clarity because they think it should feel like certainty. Certainty is solid. Certainty is defined. Certainty is confident. Certainty is complete. Clarity is different. Clarity is directional. Clarity is honest. Clarity is emerging. Clarity is the first step, not the final answer.

Think about standing in a foggy field. You cannot see the whole landscape. You cannot see the horizon. You cannot see the path. But you can see a few steps in front of you.

Those steps are enough to begin moving. As you walk, the fog shifts. More of the path appears. You see what you could not see before. Clarity grows as you move.

This is how clarity works in real life. It grows with movement. It grows with honesty. It grows with reflection. It grows with conversation. It grows with small steps.

You do not need certainty to begin. You need awareness. You need honesty about what feels misaligned. You need courage to acknowledge what is no longer working. You need willingness to explore what might be next. You need space to listen to what your life is trying to tell you.

Many men stay stuck because they wait for certainty. They wait for the perfect moment. They wait for the full plan. They wait for the clear sign. They wait for the guarantee. But clarity does not come to those who wait. It comes to those who pay attention.

Pay attention to what drains you. Pay attention to what energises you. Pay attention to what frustrates you. Pay attention to what feels heavy. Pay attention to what feels exciting. Pay attention to what feels missing.

These signals are the early form of clarity. They are the mud beginning to settle. They are the fog beginning to thin. They are the first hints of direction. You do not need to know everything. You only need to know something. And that something is usually simple. Something needs to shift.

This chapter is your permission to stop waiting for certainty. You do not need the whole map. You do not need the full plan. You do not need the final answer. You only need the next step. Clarity begins with noticing. Certainty comes later.

You are allowed to move even when the picture is not fully clear. You are allowed to explore even when you do not have all the details. You are allowed to begin even when you are still figuring things out.

Clarity without certainty is still clarity. And it is enough to begin.



Chapter 5: The messy middle

There is a moment in every clarity journey where you feel caught between two worlds. You are no longer who you were, but not yet who you are becoming. You are not fully in the old season, but not fully in the new one either. This space is uncomfortable. It feels foggy, unsettled, and strangely in-between. This is the messy middle.

The messy middle is not a place of failure. It is a place of transition. It is the space where old patterns loosen and new patterns begin to form. It is where you start noticing

what no longer fits. It is where you begin questioning things you once accepted. It is where you feel restless without knowing why. It is where clarity begins to grow, even though it does not feel like clarity yet.

A helpful picture for this season is the idea of being inside your own jar. When you are inside the jar, you cannot read the label on the outside. You can see what is immediately around you. You can feel the walls. You can sense the limits. But you cannot see the full story. You cannot see the bigger picture. You cannot see what is written on the outside.

Most men try to navigate the messy middle alone. You try to think your way through it. You try to push your way through it. You try to work your way through it. You try to stay busy so you do not have to sit with the discomfort. But the messy middle is not a season you can force your way out of. It is a season you move through with awareness.

Awareness begins with honesty. Honesty about what feels heavy. Honesty about what feels misaligned. Honesty about what feels confusing. Honesty about what feels missing.

The messy middle often shows up as frustration. You feel frustrated with things that used to feel normal. You feel frustrated with routines that used to feel comfortable. You feel frustrated with expectations that used to feel manageable. You feel frustrated with yourself because you cannot explain what is going on.

This frustration is not a sign that something is wrong. It is a sign that something is shifting.

Another sign of the messy middle is emotional fog. You feel things, but you cannot name them. You sense things, but you cannot articulate them. You know something is changing, but you cannot describe it. You feel unsettled, but you do not know what to do with it. This fog is not failure. It is the early form of clarity trying to surface.

The messy middle is also a season where you begin to see your limits. You realise you cannot keep carrying everything you have been carrying. You realise you cannot keep living in the same patterns. You realise you cannot keep pretending everything is fine. You realise you cannot keep ignoring the quiet voice inside you that says something needs to shift.

This realisation is not weakness. It is growth.

Growth often feels like discomfort before it feels like progress. It feels like confusion before it feels like direction. It feels like fog before it feels like clarity. The messy middle is the space where your internal world is rearranging itself. It is where your identity is being refined. It is where your purpose is being reshaped. It is where your next season is being prepared.

You are not meant to navigate the messy middle alone. You cannot read your own label from inside the jar. You cannot see your own blind spots. You cannot fully

understand your own patterns without someone outside the jar helping you see what you cannot see.

This is why conversation matters. This is why reflection matters. This is why coaching matters. This is why slowing down matters.

The messy middle is not a setback. It is a sign that you are moving. It is a sign that you are waking up. It is a sign that you are entering a new season. It is a sign that clarity is forming beneath the surface.

This chapter is your reminder that the messy middle is not the end of your story. It is the bridge between who you were and who you are becoming. It is uncomfortable, but it is purposeful. It is foggy, but it is forming. It is messy, but it is meaningful.

You are not stuck. You are transitioning. You are not lost. You are shifting. You are not failing. You are growing.

The messy middle is where clarity begins.



Chapter 6: Strengths and energy

(Full 2–3 minute read, no long dashes)

One of the biggest reasons men feel stuck is that they are living out of alignment with their wiring. You can be

incredibly capable and still feel drained. You can be good at something and still feel disconnected from it. You can carry responsibility well and still feel like you are slowly burning out. Capability is not the same as alignment. Strength is not the same as energy.

Most men have been taught to pay attention to responsibility, not energy. You learn to do what needs to be done. You learn to carry what others expect. You learn to push through even when you feel tired. You learn to be reliable even when you feel stretched. You learn to keep going even when something inside you is quietly shutting down.

Responsibility is important, but responsibility without alignment becomes exhaustion. And exhaustion without clarity becomes stuck.

Every man has a natural wiring. You have strengths that energise you and strengths that drain you. You have tasks that feel natural and tasks that feel heavy. You have environments that bring you to life and environments that flatten you. You have ways of working that feel effortless and ways of working that feel like you are pushing a boulder uphill.

Tools like Working Genius, DISC, and Open Flames are not about putting you in a box. They are about helping you understand how you naturally operate. They reveal patterns you may not have noticed. They show you why certain tasks feel easy and others feel exhausting. They help you see where your energy rises and where it falls.

They help you understand how you are wired so you can make choices that fit your wiring.

Many men confuse competence with calling. You can be competent at something for years without it ever being part of your calling. You can be good at something that drains you. You can be reliable in a role that no longer fits. You can be successful in a job that slowly erodes your energy. Competence is not the measure of alignment. Energy is.

Energy is the quiet indicator of clarity. Energy tells you what fits. Energy tells you what matters. Energy tells you what is aligned. Energy tells you where you should be paying attention.

Think about the moments where you feel alive. You feel focused. You feel capable. You feel present. You feel connected. You feel like yourself. These moments are clues. They point toward your strengths. They point toward your wiring. They point toward the kind of work, relationships, and environments that bring out the best in you.

Now think about the moments where you feel drained. You feel heavy. You feel disconnected. You feel frustrated. You feel flat. You feel like you are forcing yourself through the day. These moments are also clues. They point toward misalignment. They point toward patterns that no longer fit. They point toward responsibilities that need to be adjusted.

Most men ignore these clues because they believe they should be able to push through anything. You tell yourself that tiredness is normal. You tell yourself that frustration is part of life. You tell yourself that feeling drained is just adulthood. You tell yourself that you should be able to carry everything without complaint. But ignoring your wiring does not make you stronger. It makes you stuck.

Strength is not just what you can carry. Strength is what brings you to life.

When you begin to understand your wiring, you begin to understand yourself. You begin to see why certain seasons felt heavy. You begin to see why certain roles felt misaligned. You begin to see why certain responsibilities drained you. You begin to see why certain environments flattened you. You begin to see why certain tasks felt like they were pulling you away from who you are.

This chapter is an invitation to pay attention to energy, not just obligation. You are allowed to choose alignment. You are allowed to choose work that fits your wiring. You are allowed to choose environments that bring you to life. You are allowed to choose responsibilities that match your strengths. You are allowed to build a life that feels energising instead of exhausting.

Clarity grows when you understand your wiring. Direction grows when you follow your energy. Purpose grows when you align your strengths with your choices.

You are not meant to live a life that drains you. You are meant to live a life that fits you.



Chapter 7: Transformation and purpose

Butterflies are beautiful, but their transformation is not. It happens quietly, hidden inside a chrysalis. There is no applause, no spotlight, no dramatic moment. Inside that cocoon, everything breaks down and reforms into something new. It is a slow, internal process that looks like nothing is happening from the outside. But inside, everything is changing.

Men go through seasons like this. Not dramatic breakdowns. Not stereotypical midlife crises. Just quiet internal shifts.

You start to feel unsettled. You start to question things you never questioned before. You start to sense that the old way is no longer working. You start to feel a pull toward something different, even if you cannot describe it yet.

This is your chrysalis.

It is not a sign of failure. It is a sign of transformation.

Transformation rarely begins with clarity. It begins with discomfort. It begins with restlessness. It begins with noticing that the things you used to carry easily now feel heavy. It begins with the sense that you are meant for something more aligned, even if you cannot name it yet.

Inside the chrysalis, the caterpillar dissolves. It becomes something unrecognisable before it becomes something beautiful. Men experience a similar dissolving. Old expectations dissolve. Old identities dissolve. Old patterns dissolve. Old roles dissolve. Old assumptions dissolve. You begin to let go of what no longer fits, even if you are not yet sure what will replace it.

Letting go is uncomfortable. Letting go feels like losing control. Letting go feels like stepping into fog. Letting go feels like becoming unfamiliar to yourself.

But letting go is necessary for transformation.

Purpose is not found by holding tightly to what you have always done. Purpose is found by allowing yourself to become who you are meant to be in the next season. Purpose grows as you grow. Purpose shifts as you shift. Purpose becomes clearer as you become clearer.

Many men misunderstand purpose. They think purpose is a single calling moment. A lightning bolt. A dramatic revelation. A clear voice telling them exactly what to do. But purpose is rarely loud. Purpose is usually quiet. Purpose grows slowly. Purpose emerges through reflection, conversation, honesty, and alignment.

Purpose is not a job. Purpose is not a title. Purpose is not a role. Purpose is not a task.

Purpose is the expression of who you are when you are living in alignment with your strengths, your wiring, your values, and your season.

Transformation is the process that clears the space for purpose to emerge.

Think about the moments where you feel most alive. You feel connected. You feel present. You feel capable. You feel energised. You feel like yourself. These moments are clues. They point toward purpose. They point toward the kind of work, relationships, and environments that bring out the best in you.

Now think about the moments where you feel drained. You feel heavy. You feel disconnected. You feel frustrated. You feel flat. These moments are also clues. They point toward misalignment. They point toward patterns that need to be released. They point toward responsibilities that no longer fit.

Transformation is the process of following these clues. Purpose is the result of listening to them.

You are not stuck. You are transforming. You are not lost. You are shifting. You are not failing. You are becoming.

This chapter is your reminder that transformation is not dramatic. It is quiet. It is internal. It is slow. It is sacred. It is the process that prepares you for the next season of your life. Purpose grows out of transformation. And

transformation begins the moment you stop forcing yourself to stay the same.

You are allowed to change. You are allowed to grow. You are allowed to become someone clearer, stronger, and more aligned.

Your chrysalis is not the end. It is the beginning of who you are becoming.



Chapter 8: Why coaching works

There is a simple truth that most men never hear. You cannot see your own blind spots. You cannot read your own label from inside the jar. You cannot fully understand your own patterns while you are living inside them. You can feel the discomfort. You can sense the misalignment. You can notice the restlessness. But you cannot always see the deeper reasons behind it.

This is why coaching works. Not because you are broken. Not because you need fixing. Not because you are failing. Coaching works because clarity grows faster in conversation than it does in isolation.

Most men try to solve everything in their own head. You think about it. You analyse it. You push through it. You try to make sense of it. You try to carry it alone. But thinking

alone often keeps you stuck in the same loops. You end up circling the same questions without finding new answers. You end up repeating the same patterns without seeing the alternatives. You end up trying to solve internal problems with external effort.

Coaching interrupts the loop.

A good coach does not tell you what to do. A good coach helps you see what you cannot see. They help you recognise patterns you have been living in for years. They help you name the discomfort you have been carrying quietly. They help you understand why certain responsibilities drain you and others energise you. They help you see the difference between what you can do and what you are meant to do.

Coaching creates space. Space to think clearly. Space to speak honestly. Space to explore without pressure. Space to understand your wiring. Space to reconnect with purpose. Space to imagine a different way of living.

Most men do not need more motivation. You are already motivated. You are already responsible. You are already committed. What you need is clarity. Clarity about who you are. Clarity about what you want. Clarity about what is shifting. Clarity about what no longer fits. Clarity about what your next season might look like.

Coaching provides that clarity by helping you slow down enough to hear yourself. Not the version of you that performs strength. Not the version of you that carries

everything. Not the version of you that says you are fine. The real you. The honest you. The growing you.

Coaching also gives you language. Many men feel things they cannot articulate. You feel unsettled but cannot explain why. You feel tired but cannot name the source. You feel disconnected but cannot describe the gap. You feel ready for change but cannot define the change. Coaching helps you find the words. And once you have the words, you have the power to act.

Another reason coaching works is accountability. Not pressure. Not guilt. Not someone telling you what to do. Accountability in coaching is simply someone walking with you as you make decisions that align with your wiring. Someone who helps you stay connected to what matters. Someone who helps you move forward one step at a time.

Coaching is not about becoming someone new. It is about becoming someone clear. It is about becoming someone aligned. It is about becoming someone intentional. It is about becoming someone who understands their season and chooses their direction.

You are not meant to navigate clarity alone. You are not meant to carry everything without support. You are not meant to stay stuck inside your own head. You are meant to grow. You are meant to shift. You are meant to move forward.

This chapter is your reminder that coaching is not a sign of weakness. It is a sign of wisdom. It is a sign that you are

ready to see what you could not see before. It is a sign that you are ready to step into a new season with intention instead of confusion.

Clarity grows in conversation. Coaching is simply the place where that conversation begins.



Chapter 9: The clarity diagnostic

Clarity is not a single moment. It is a process. It grows slowly, often beneath the surface, long before you can articulate it. But there comes a point where you need a way to understand where you are in that process. You need a simple way to see whether you are aligned, drifting, stuck, or entering a new season. That is the purpose of this diagnostic.

This is not a test. It is not a score that defines you. It is not a measure of success or failure. It is simply a mirror. A way to see yourself more clearly.

Most men do not realise how much they are carrying until they pause long enough to reflect. You might be functioning well on the outside while feeling foggy on the

inside. You might be doing everything right while feeling disconnected from purpose. You might be moving forward while feeling unsure of direction. This diagnostic helps you name that experience.

Take a moment. Slow down. Answer honestly. Not how you think you should feel. Not how others expect you to feel. How you actually feel.

Rate each statement from 1 to 5. 1 means not true at all. 5 means very true.

Here are the statements.

I know what season of life I am in. I feel energised by most of what I do. I understand my wiring and strengths. I know what is currently misaligned. I can name what I want next. I feel confident about my direction. I have a plan that fits my strengths. I feel connected to purpose. I am not pretending things are fine. I feel clear about my next step.

Add your score.

If your score is between 35 and 50, you are moving in a clear direction. You have awareness, alignment, and a sense of purpose. You may still be refining things, but you are not lost. You are building your next season with intention.

If your score is between 20 and 34, you are in the messy middle. You are noticing things. You are questioning things. You are sensing change. You are beginning to see what no longer fits. You are not stuck. You are

transitioning. You are in the chrysalis stage where clarity is forming beneath the surface.

If your score is between 10 and 19, you are carrying a lot without direction. You are functioning, but you are not aligned. You are responsible, but you are tired. You are capable, but you are disconnected. You are doing what needs to be done, but not what brings you to life. This is not failure. It is simply a sign that you need support, reflection, and space to reconnect with yourself.

The diagnostic is not the end. It is the beginning. It shows you where you are. It shows you what needs attention. It shows you what needs to shift. It shows you what your next step might be.

Clarity grows when you name your reality. This diagnostic helps you do that.

You are not meant to stay stuck. You are meant to understand your season. You are meant to move forward with intention. You are meant to live with alignment, not confusion.

This chapter is your invitation to see yourself clearly. Not perfectly. Not completely. Just honestly.

Clarity begins with honesty. Honesty begins with reflection. Reflection begins here.



Chapter 10: Invitation to the 90-day reset

If you have reached this point in the booklet, something inside you is already shifting. You may not have all the answers yet, but you can feel the questions. You may not know exactly what is next, but you can sense that the old way is no longer enough. You may not be able to describe the change, but you can feel the pull toward something more aligned.

This is clarity beginning to form.

Clarity rarely arrives as a dramatic moment. It arrives as a quiet awareness. A sense that you want to live with more intention. A desire to reconnect with purpose. A longing for direction that feels real. A recognition that you are ready for a new season, even if you cannot fully see it yet.

The 90-day reset is designed for men in this exact space. Men who are functioning but not fulfilled. Men who are responsible but tired. Men who are capable but disconnected. Men who are ready for clarity but do not want pressure. Men who want direction without hype. Men who want alignment without chaos.

The reset is not a program that tells you who to be. It is a guided process that helps you rediscover who you already are.

Over 90 days, we focus on three things.

Clarity. Alignment. Direction.

Clarity about your season. Clarity about your wiring.

Clarity about what is shifting. Clarity about what no longer fits.

Alignment with your strengths. Alignment with your energy.

Alignment with your values. Alignment with the kind of life you want to build.

Direction that feels real. Direction that fits your wiring.

Direction that matches your season. Direction that helps you move forward with intention instead of confusion.

The reset is built around conversation. Honest conversation. No pressure. No performance. No pretending.

It is a space where you can speak freely. A space where you can explore without judgement. A space where you can reconnect with yourself. A space where clarity grows naturally.

Most men do not need someone to fix them. They need someone to walk with them. Someone who can see what they cannot see. Someone who can help them read the label from outside the jar. Someone who can help them name what they feel but cannot articulate. Someone who can help them build a plan that fits their wiring.

The 90-day reset is that space.

It is not dramatic. It is not overwhelming. It is not complicated. It is intentional. It is structured. It is grounded. It is practical.

It is a reset that helps you move from drifting to directed, from tired to aligned, from stuck to clear.

If this booklet has stirred something in you, that is a sign. A sign that clarity is forming. A sign that you are ready for the next step. A sign that you are entering a new season.

If you want to explore whether the reset is right for you, the first step is simple.

Book a clarity chat. A genuine, no pressure conversation. A space to talk about where you are and where you want to go. A chance to see whether the reset fits your season.

You do not need certainty to begin. You only need honesty. And you already have that.



About Live Laugh Coach

Live Laugh Coach exists because men deserve a space where they can be honest without pressure. A space where they can explore direction without judgement. A space where they can talk openly about the things they

carry, the things they question, and the things they hope for. A space where clarity grows naturally through conversation, reflection, and guidance.

Many men live with quiet questions. Questions about purpose. Questions about direction. Questions about identity. Questions about calling. Questions about what is next.

These questions are normal, but most men do not have a place to ask them. You are expected to be steady, capable, and reliable. You are expected to carry responsibility without complaint. You are expected to keep moving even when you feel tired. You are expected to be fine even when you are not.

Live Laugh Coach is built to be the opposite of that pressure. It is a place where you can slow down. A place where you can speak freely. A place where you can explore without performing. A place where you can reconnect with yourself. A place where clarity becomes possible.

The coaching approach is simple. Genuine conversation. No pressure. No hype. No pretending.

It is grounded in understanding your wiring, your season, your strengths, and your energy. It is built around helping you see what you cannot see from inside your own jar. It is designed to help you move from drifting to directed, from tired to aligned, from stuck to clear.

Live Laugh Coach works with men who are not broken, but simply ready for more alignment. Men who want to live

with intention. Men who want to reconnect with purpose. Men who want clarity that fits their season. Men who want direction that feels real.

Whether you are exploring practical next steps or seeking God's leading, the heart of Live Laugh Coach is the same. To walk with you. To help you see clearly. To help you understand your season. To help you build a life that fits your wiring. To help you move forward with confidence and intention.

This is not about becoming someone new. It is about becoming someone clear. Someone aligned. Someone purposeful. Someone grounded. Someone who knows where they are going and why.

Live Laugh Coach is simply the space where that clarity begins.



Final Page

If you have made it to the end of this booklet, take a moment to acknowledge that. Most men do not slow down long enough to reflect on their season, their direction, or their purpose. They keep moving. They keep carrying. They keep doing what is expected. They keep performing

strength even when they feel tired. But you chose to pause. You chose to reflect. You chose to pay attention to what is happening beneath the surface.

That is not small. That is not accidental. That is not random. That is a sign of growth.

Clarity does not arrive all at once. It arrives through noticing. Through honesty. Through reflection. Through conversation. Through the willingness to explore what is shifting inside you. You have done that here. You have taken the first steps toward understanding your season, your wiring, your energy, and your direction.

You may still feel foggy. You may still feel unsettled. You may still feel in the messy middle. You may still feel unsure of what is next.

That is normal. That is human. That is part of the process.

Clarity is not a destination. It is a journey. It grows as you grow. It becomes clearer as you become clearer. It strengthens as you strengthen. It aligns as you align. You do not need to have everything figured out. You only need to keep moving with intention.

If this booklet has stirred something in you, pay attention to that. If it has made you think differently, honour that. If it has helped you name something, hold onto that. If it has made you realise you want more alignment, trust that. If it has made you curious about your next season, follow that.

You are not stuck. You are shifting. You are not lost. You are awakening. You are not failing. You are becoming.

This is not the end of your clarity journey. It is the beginning.

If you want support, conversation, or guidance as you step into what is next, you are welcome to connect with me. Whether you are exploring practical next steps or seeking God's leading, I am always open to genuine, no pressure conversation. Clarity grows in conversation, and you do not have to walk this season alone.

Your next chapter is forming. Your next season is emerging. Your next step is ready when you are.



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