

The Little Book *of* Clarity

LOOKING INTO YOUR OWN MIRROR

A REFLECTION GUIDE



A companion to my upcoming book,
The Life You Choose.

by Amira Mor



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Welcome

Thank you for being here. This little guide is my gift to you.

For much of my life, I searched for better answers. Eventually, I discovered that the greatest changes in my life began with better questions.

These pages are not here to tell you what to think. They are simply an invitation to pause...

to become curious...

and to look into your own mirror.

My hope is that somewhere in these pages, you will pause long enough to see yourself a little more clearly.

Because every meaningful life begins with that moment.



Why I Wrote This Guide

I sat in my car after a Kabbalah class, tears of anger streaming down my face. How dare he speak to me like that?

He doesn't know who I am.

An hour earlier, in a Jewish philosophy class, the teacher had asked about our inner adversary, the force that pulls us away from our highest self. I shouted the answer before anyone else, proud of my knowledge, and eager to be seen.

He looked at me calmly, unimpressed, and said, "That is your ego."

That day, I stopped asking whether life was fair. I started asking whether I was willing to see myself honestly.

This guide is an invitation to begin that same journey for yourself.



What Is Clarity?

Clarity is not about having all the answers.

It is seeing yourself, your choices, and your life a little more honestly than you did yesterday.

From that place, better decisions become possible.

Repeated over time, those decisions create a different life.

Most people believe change begins with action.

I believe it begins with awareness.

Because we cannot consciously choose a life we cannot clearly see.

We spend years learning about careers, money, relationships, and success.

Yet few of us are ever taught how to observe ourselves.

We become experts at looking at the world around us, yet we spend surprisingly little time observing the person we live with every day: ourselves.

Awareness is where every lasting change begins.



The Power of One Question

A single question has the power to change a life, because it interrupts the stories we've been telling ourselves.

Questions invite awareness.

Awareness invites clarity.

Clarity allows us to choose wisely.

Don't rush to answer. Simply be willing to ask.

Take all the time and space you need to reflect.

There are no right or wrong answers; there are only honest ones.

Sometimes the question changes us long before the answer arrives.



The Five Pillars

Five lenses to hold up to any choice you face.
Each one asks a single, honest question.

Foundation

What truth have I been avoiding?

Strength

What courageous decision have I been postponing?

Heart

Where can I choose kindness instead of judgment?

Creativity

What part of my life am I ready to create rather than
merely accept?

Transcendent

What kind of person do I want to become?

Together, they turn a hard decision into an honest
one.



A Question for Every Choice

Awareness shows us who we are. But in the moment a real decision arrives, awareness alone can quietly slip away.

So before any meaningful choice, hold it up to the same five pillars and ask:

Foundation: Is it true?

Strength: Is it brave?

Heart: Is it kind?

Creativity: Does it make me come alive?

Transcendent: Does it bring peace?

If all five answers are yes, move forward.

In The Life You Choose, you walk your real decisions through these five questions, one honest choice at a time.



Your Mirror Journey

Now, the mirror is in your hands.

The life you choose begins with what you are willing to see.

Life rarely changes because we find better answers. It changes because we begin asking better questions.

Before reading *The Life You Choose*, take a few quiet moments with yourself.

This is not an examination but a conversation.

Be gentle with yourself. There is nothing to prove, only something to discover.

Identity

Who am I trying to impress?

What role am I still playing?

What part of myself have I abandoned?

Fear

What decision have I delayed because of fear?

What am I protecting?



What am I pretending not to know?

Relationships

Where am I asking others to fill a void that only I can heal?

Who do I need to forgive? Perhaps even myself?

Purpose

When do I feel most alive?

If money disappeared, how would I spend my days?

Integrity

Where in my life am I not fully aligned with my values?

What compromise have I accepted that no longer feels true?

What would integrity ask me to do now?

Hope

What possibility have I stopped believing in?

What gives me hope when life feels uncertain?

What small step could I take toward that hope?

Dreams

If fear were no longer in charge, what would I dare to begin?

What dream still refuses to leave me?

What is one small step I can take toward my dream?

Forgiveness

What burden have I been carrying that I am finally ready to put down?

Who deserves my forgiveness?

How might my life change if I finally let go?

Right now, no conversation is more important than the one you have with yourself.

Write a letter to yourself. Allow the words to flow without editing.

THE LITTLE BOOK OF CLARITY



I realized...



The person I want to become is...



One truth I no longer want to avoid is...



Tomorrow I will begin by...



The 24-Hour Awareness Challenge

For one day, notice every time you:

blame...

complain...

judge...

avoid...

pretend...

or react automatically.

Don't change anything. Just notice.

Awareness comes before transformation.

Don't judge yourself. Don't try to improve yourself.
Simply become aware.

**Awareness is the doorway through which every
lasting transformation begins.**



This Is Only the Beginning

If these pages made you pause... if they encouraged you to look a little more honestly into your own life... then they have already fulfilled their purpose.

Real transformation rarely begins with a dramatic moment. More often, it begins with a single, quiet decision to see ourselves clearly.

Today can be that day.

This little book asked the questions.

The Life You Choose is where we answer them, together.

In the full book, we sit with the harder questions this guide only began to ask:

- ◆ *What do you do once you can no longer look away?*
- ◆ *How do you choose, when every path costs something?*
- ◆ *What does it take to actually live by your own answers?*

The Life You Choose is coming soon.

Be among the first to read it:

WWW.AMIRAMOR.COM



And if this guide opened something in you, share it with someone you love. One honest question can be the beginning of their whole journey.

With gratitude,

Amira Mor

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