

A FREE GUIDE BY DORCUS JULIET

The 5-Step *Clarity Reset Guide*

*Reconnect with who you are. Identify where you are stuck.
Take your next step with confidence.*

FOR HIGH-ACHIEVING INDIVIDUALS IN TRANSITION

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*“You have not lost yourself.
You just stopped being introduced to you.”*

If you are reading this, something in you is stirring. Maybe you cannot name it yet. Maybe it has been there quietly for a long time, a feeling that you are living slightly off-centre from who you truly are.

You are busy. You are capable. People depend on you. And yet in the middle of all of it, you sometimes look in the mirror and wonder, **who is that man /woman and when did I stop knowing him/her?**

I know that feeling. Not just because I have walked with hundreds of men/women through it, but because I lived it myself. I was the woman who had built so much for everyone around her that she had nothing left to build for herself. I was achieving on the outside and disappearing on the inside.

This guide is not a productivity tool. It is not a goal-setting exercise. It is an invitation to **come home to yourself**. To slow down long enough to hear your own voice again. To look honestly at where you are so you can finally move toward where you are meant to be.

Go through each step slowly. Give yourself permission to be honest. There are no right answers here. Only your answers.

By the end of these five steps, you will not have it all figured out. But you will know something true about yourself. And that is exactly where transformation begins.

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BEFORE YOU BEGIN

How to use this guide

This is not meant to be rushed through. Each step is a conversation between you and yourself. Find a quiet space. Have something to write with. Give yourself at least 30 uninterrupted minutes.

Take your time. One step at a time. You may need to sit with a question for a day before answering. That is not resistance. That is wisdom.

Write it down. Something shifts when truth moves from your mind onto paper. Use the writing spaces. Do not skip them. Your words matter.

Be honest with yourself. This space is only for you. No performance. No people-pleasing. Just the truth that lives inside you already.

STEP 1 Name What You Are Feeling

Because you cannot reset what you have not acknowledged.

Most men & women in transition carry a heaviness they cannot fully describe. They say “I am fine” so many times it starts to feel like the truth. But underneath the fine is a man/woman who is **tired in places that sleep cannot touch.**

Before you can move forward, you need to name what is actually happening inside you. Not what you should feel. Not what is logical. What is real and present and true right now.

MIRROR MOMENT

If you could not say ‘I am fine’ or ‘I am okay’ if you had to tell the truth, what would you say you are actually feeling right now?

REFLECTION PROMPTS

When did you last feel genuinely like yourself? What was happening in your life at that time?

What emotion do you keep pushing away because there is no time to feel it?

If your body could speak right now, what would it say it is carrying?

YOUR SPACE TO WRITE

Write without editing. Let it come out messy. Just write what is true.

Healing does not begin with solutions. It begins with acknowledgment. The moment you name what is real, you stop fighting yourself and you begin to return home.

STEP 2 Identify Where You Are Stuck

Clarity begins the moment you stop running from the question.

Stuck does not always look like paralysis. Sometimes it looks like being extremely busy. Like constant motion that somehow never takes you anywhere new. Like saying yes to everything except yourself.

You are stuck when what you are doing no longer matches who you are becoming. When the life you have built feels like a costume you cannot take off. When you keep waiting for permission, for the right time, for someone to notice and the waiting has become a way of life.

This step is about getting honest about where the stuckness lives. Not to shame yourself for being there. But because you cannot unstuck what you will not name.

MIRROR MOMENT

Where in your life are you on autopilot? Where are you going through the motions but feeling nothing? What conversation have you been avoiding with yourself?

REFLECTION PROMPTS

In which area of your life do you feel most disconnected; relationships, work, identity, purpose, health, spirituality?

What have you been telling yourself you will deal with 'when things settle down'?

Is the life you are living the life you chose or the life that happened to you?

YOUR SPACE TO WRITE

Be specific. Vague answers keep you vague. Name the actual area. Name the actual feeling.

Being stuck is not a character flaw. It is information. It is your inner compass pointing to the place inside you that needs your attention the most. You are not broken. You are redirecting.

STEP 3 Reconnect With Who You Actually Are

Not who you have become for everyone else. Who you were made to be.

Life has a way of layering roles on top of identity. Son/Daughter. Husband/Wife. Husband/Mother. Manager. Provider. Caretaker. And somewhere underneath all those layers is **the original you**, the man/woman who had desires of her own, who found things beautiful, who dreamed without apology.

He/She has not left. He/She is just buried under years of performance, survival and self-abandonment. This step is about excavating Him/her. Not with force. But with the gentleness of someone who is finally coming home.

MIRROR MOMENT

Who were you before life asked you to be everything for everyone? What did he/she love?

What made him/her laugh without thinking? What did she believe was possible?

REFLECTION PROMPTS

What are three things that are deeply, authentically true about who you are, that have nothing to do with what you do or who you serve?

What do you keep secretly wishing someone would give you permission to do, be or say?

When you imagine the man/woman you were created to become, what is he/she like? How does she carry herself?

YOUR SPACE TO WRITE

Begin with the words: "The man/woman I truly am, underneath everything, is someone who..."

Identity is not lost. It is buried. And when you begin to dig gently, honestly, with curiosity you will find that she has been waiting patiently all along. She never gave up on you.

STEP 4 Release What Is No Longer True

You cannot carry the old story into the new season.

There are stories you have been living inside of about who you are, what you deserve, what is possible for you that were never actually true. They were conclusions you reached in pain. Beliefs handed to you by people who were also wounded. Rules you followed so long they started to feel like your own.

The clarity you are looking for is on the other side of the release. You do not have to carry every version of yourself you have ever been. You are allowed to put down the weight of the woman who survived and begin to build the woman who thrives.

MIRROR MOMENT

What belief about yourself have you been holding onto that was born from a painful season but is no longer serving the woman you are becoming? What would change if you stopped believing it?

REFLECTION PROMPTS

What story have you told yourself so many times you no longer question it but deep down you know it is not the whole truth?

What are you holding onto out of loyalty to a version of yourself that no longer exists?

What would you allow yourself to become if you stopped being afraid of disappointing the people who knew your old self?

YOUR SPACE TO WRITE

Complete this sentence: "I am ready to let go of the belief that I am..."

Release is not forgetting. It is choosing. It is standing at the door of your own life and deciding what comes with you into the next chapter. You are the author. You hold the pen.

STEP 5 Define Your One Next Step

Not a five-year plan. Just one honest, courageous movement forward.

Clarity does not arrive all at once. It comes in the way the sun rises gradually, then all at once, and suddenly everything is illuminated that was always there. **You do not need to see the whole road. You only need enough light for the next step.**

The Man/women who change their lives do not do it with grand overnight transformations. They do it with one honest conversation, one decision honoured, one morning that begins differently. The next step is not meant to fix everything. It is meant to move you in the direction of yourself.

MIRROR MOMENT

If you were fully committed to yourself, if you took fear completely out of the equation, what is the one thing you know you need to do next? Not eventually. Not when things are perfect. Now.

REFLECTION PROMPTS

What is the one conversation, decision or action that keeps quietly presenting itself, the one you keep walking past?

What would a woman who deeply respected herself do next?

If your future self could send you one instruction for this week, what would it be?

YOUR SPACE TO WRITE

My one next step, which I commit to taking this week, is...

Where Purpose Awakens. Potential Rises. Leaders Emerge. You were not created to stay stuck. You were created to become. And the becoming begins with exactly this one brave, honest step forward.



You did not come this far to stay *where you are.*

You have just done something most people never do, you stopped, you looked honestly at yourself, and you took the first steps back toward who you truly are. That is not small. That is the beginning of everything.

If something in this guide stirred something in you, if you felt seen, or convicted, or finally ready, then I want to personally invite you into the next step of your journey.

YOUR NEXT STEP WITH DORCUS JULIET

- **The Reclamation™ Private 1:1 Coaching:** 8 weeks. One Individual. One guide. You name what has been keeping you from yourself, rebuild from that honest place and walk away with a 90-day personal roadmap you are already executing. Payment plans available. *DM me the word REBUILD to begin.*
- **Free Discovery Call:** Not sure if you are ready? Let us talk first. 30 minutes. No commitment. Just an honest conversation about where you are and what the right next step looks like for you. *Book via WhatsApp below.*
- **The Reset Room™ / TPDC Thrive Community:** Group experiences, monthly webinars, and a community of women doing the same work beside you. *Find details at dorcusjuliet.com*
- WhatsApp me directly: +254 734 878148, I read every message personally.

FIND ME HERE

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“Where Purpose Awakens. Potential Rises. Leaders Emerge.”

Dorcus Juliet & TPDC Thrive