



ASKESIS
MINDSET

Weekly Clarity Prompts

Questions to Ask Yourself

These questions are meant to promote continuous improvement, self-reflection, and keep you on track and accountable to your goals. Think of this as journaling with an action plan tied to responses.

Choose any 3 questions to answer each week

What am I tolerating that needs to go?

What one small change would create the most impact right now?

Where am I overcommitting?

What can I cut?

What did I buy this week that didn't align with my goals?

What did I value with my time and money this week?