

The Sit With PD Starter Pack™

Purpose. Direction. Personal Discovery

Welcome

Thank you for downloading The Sit With PD Starter Pack.

If you're reading this, chances are you're searching for something.

Perhaps it's clarity.

Perhaps it's direction.

Perhaps it's a deeper understanding of yourself and where your life is heading.

Whatever brought you here, you've already taken an important first step.

At Sit With PD, we believe that meaningful transformation begins with a pause—a moment to step back from the noise, reflect honestly, and reconnect with what truly matters.

This Starter Pack is designed to help you do exactly that.

Take your time. There are no right or wrong answers. The goal isn't perfection; it's awareness.

Because awareness is where transformation begins.

PART ONE

THE PURPOSE JOURNAL™

Discover What Truly Matters

Reflection #1: Where Am I Right Now?

Take a moment and honestly answer the following:

- What is currently going well in my life?
- What feels difficult or challenging?
- What is taking most of my energy?
- What has been weighing heavily on my mind recently?
- What do I wish was different?

Journal Space:

Reflection #2: What Matters Most?

Think beyond your responsibilities and daily routines.

What genuinely matters to you?

Circle or highlight your top five:

- Family
- Faith
- Health
- Relationships
- Career
- Growth
- Service
- Community
- Freedom
- Adventure
- Learning
- Creativity
- Financial Stability
- Leadership
- Impact
- Peace
- Purpose

Now ask yourself:

Am I living in alignment with these values today?

Why or why not?

Journal Space:

Reflection #3: The Legacy Question

Imagine someone describing your life 20 years from now.

What would you want them to say?

- What impact would you like to have made?
- How would you like to be remembered?
- What kind of person do you want to become?

Journal Space:

Purpose Insight

Complete This Sentence:

My life feels most meaningful when I am...

PART TWO

THE DIRECTION WORKBOOK™

Finding Your Next Step

The Life Check-In

Rate yourself from 1-10 in each area:

Area	Score
Mental Wellbeing	----
Emotional Health	----
Relationships	----
Career	----
Finances	----
Personal Growth	----
Physical Health	----
Purpose & Fulfilment	----

Reflection

Which area needs your attention most?

Why?

What's Keeping Me Stuck?

Sometimes progress isn't blocked by lack of ability.

It's blocked by lack of clarity.

Complete the following:

The biggest challenge I'm facing right now is:

The decision I'm avoiding is:

The conversation I need to have is:

The fear holding me back is:

Your Next Chapter Exercise

Imagine six months from today.

Life feels healthier.

You feel more confident.

Things are moving forward.

What has changed?

Write down:

What I want more of:

What I need less of:

What I need to start doing:

What I need to stop doing:

Your Next Right Step

Not ten steps.

Not five steps.

Just one.

What is one action I can take within the next seven days?

PART THREE

THE PERSONAL DISCOVERY TOOLKIT™

Understanding Yourself Better

Self-Awareness Assessment

Rate yourself from 1-5:

Statement	Score
I understand my strengths.	----
I understand my weaknesses.	----
I know what motivates me.	----
I manage stress effectively.	----
I understand my emotions.	----
I know what matters most to me.	----
I make intentional decisions.	----
I have a clear sense of direction.	----

Reflection

Which area needs the most development?

Recognising Your Strengths

List three things people consistently appreciate about you:

1.

2.

3.

Now answer:

Which strength am I underutilising?

Identifying Limiting Beliefs

Complete the following:

Sometimes I tell myself:

“I am not...”

“I can’t...”

“It’s too late to...”

Now challenge those beliefs:

What evidence suggests these beliefs may not be entirely true?

The Growth Question

What would I attempt if I knew I could not fail?

THE SIT WITH PD CLARITY EXERCISE™

Complete these three statements:

My Purpose

The difference I want to make in my life is:

My Direction

The most important thing I need to focus on right now is:

My Personal Discovery

The biggest thing I am learning about myself is:

YOUR PERSONAL COMMITMENT

Transformation begins with a decision.

Complete the statement below:

Starting today, I commit to:

A FINAL NOTE

If you've completed this Starter Pack, you've already done something many people never do—you've paused long enough to reflect.

Clarity rarely appears in the middle of constant busyness.

It emerges when we create space to listen.

Whatever season of life you're currently in, remember:

You are not defined by your setbacks.

You are not limited by your current circumstances.

And you do not need to have everything figured out before taking the next step.

Focus on progress.

Trust the process.

Keep moving forward.

Because your next chapter begins with the choices you make today.

Sit With PD

Purpose • Direction • Personal Discovery

Helping people move from overwhelm and uncertainty to clarity, resilience, and purposeful living.

Ready for a deeper conversation?

Book a Clarity Consultation and begin your transformation journey today.