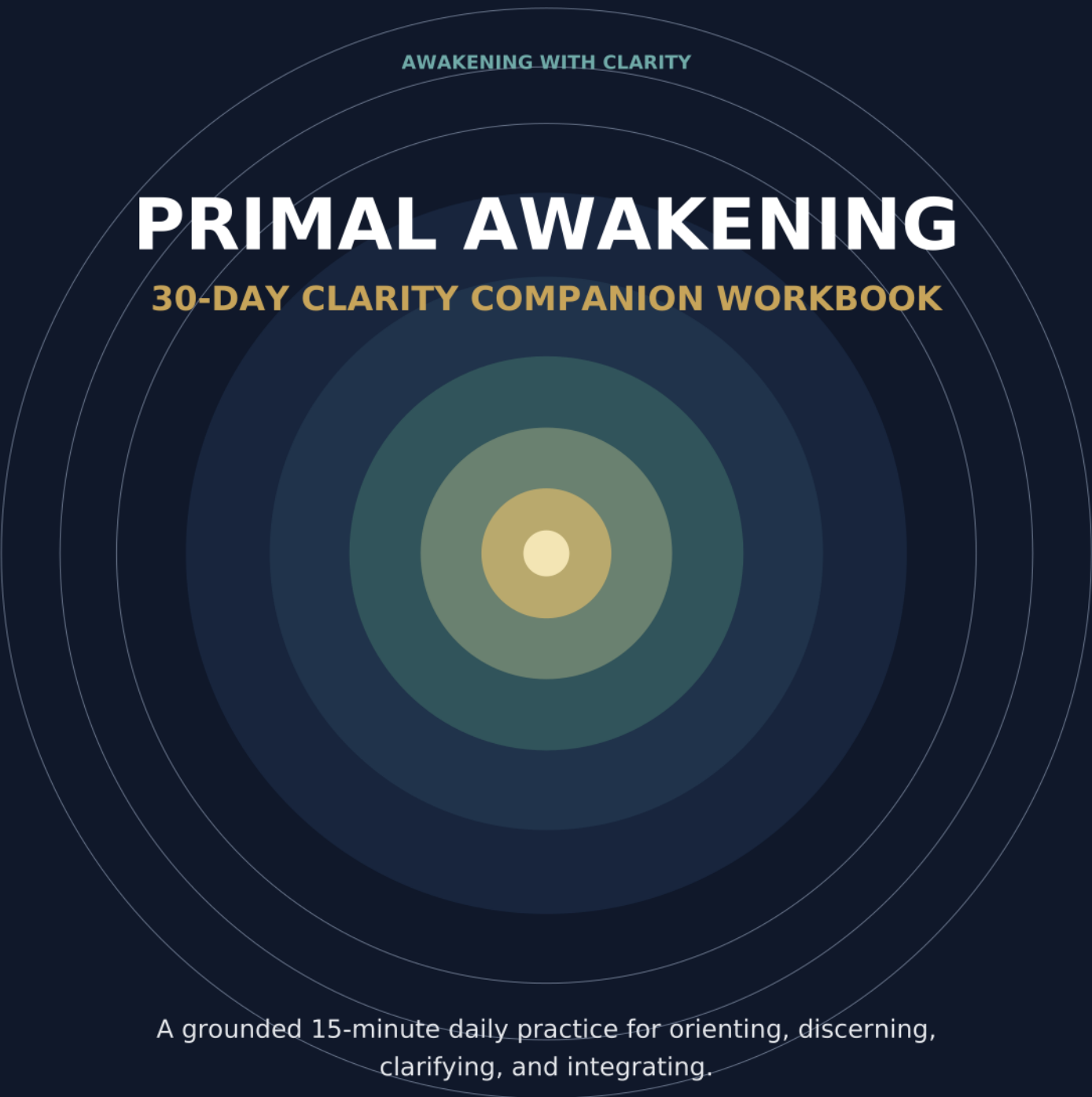




AWAKENING WITH CLARITY

# PRIMAL AWAKENING

## 30-DAY CLARITY COMPANION WORKBOOK

A grounded 15-minute daily practice for orienting, discerning,  
clarifying, and integrating.

**Harris Duke**

[awakeningwithclarity.com](http://awakeningwithclarity.com)

# A thoughtful practice, not a promise of a cure

This workbook is for education, personal reflection, and entertainment. It is not medical, mental-health, legal, financial, or spiritual authority. It does not confirm that any unusual feeling, dream, perception, coincidence, or life event has a supernatural cause.

## Your practice boundaries

- Use the practices to observe your experience, test interpretations, and make grounded choices - not to force an awakening.
- Keep sleep, meals, movement, work, relationships, and financial commitments in view. Ordinary stability is part of clarity.
- Pause if the process becomes overwhelming, disrupts daily functioning, or pushes you toward risky decisions or spending.
- If you experience severe distress, prolonged loss of sleep, impaired functioning, frightening perceptions, or concerns about your safety, contact a qualified professional promptly.

### Immediate safety

If you may harm yourself or someone else, or cannot stay safe, contact local emergency services or a crisis service in your country now.

# Your 15-minute daily rhythm

Consistency matters more than intensity. Missing a day does not mean starting over.

**2 MINUTES****Arrive**

Orient to the room and settle your breathing.

**3 MINUTES****Observe**

Record what you notice before deciding what it means.

**6 MINUTES****Reflect**

Work through the day's focused prompt.

**2 MINUTES****Clarify**

Separate what you know, suspect, and still do not know.

**2 MINUTES****Close**

Choose one grounded next step and return to your day.

**Choose your practice agreement**

☐ I will treat the schedule as a guide, not a test. ☐ I will stop or seek support when needed.

# The clarity compass

Reflection is most useful when it keeps curiosity and reality-testing in the same room.

**OBSERVE**

What exactly happened? Record the experience before assigning meaning.

**GROUND**

How are sleep, meals, movement, work, finances, and relationships functioning?

**DISCERN**

What is fact, interpretation, hope, fear, influence, or marketing?

**CHOOSE**

What is the smallest safe, reversible, value-aligned next step?

**INTEGRATE**

How can insight make ordinary life steadier, kinder, and more responsible?

**A useful insight can survive a pause. You do not need to make a dramatic decision today to prove that an experience matters.**

# Your starting point - without judging it

Date this page. You will return to the same measures on Day 30.

**I can describe what I am experiencing clearly**

unclear    (1)    (2)    (3)    (4)    (5)    clear

**I separate observation from interpretation**

rarely    (1)    (2)    (3)    (4)    (5)    often

**My daily routines and responsibilities feel steady**

unsteady    (1)    (2)    (3)    (4)    (5)    steady

**I can make decisions without urgency or outside pressure**

rarely    (1)    (2)    (3)    (4)    (5)    often

**The main question or confusion I want to explore is:**

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**People, routines, places, or professionals that help me stay grounded:**

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# Five grounded capacities already within you

These are reflective labels used by this workbook - not mystical diagnoses or fixed personality types.

## The Observer

Notices experience before building a story around it.

I can pause and describe what happened.

## The Grounder

Protects sleep, routines, body care, work, relationships, and safety.

I can return to ordinary life.

## The Discernment Keeper

Tests certainty, influence, cost, evidence, and alternative explanations.

I can stay curious without surrendering judgment.

## The Courageous Self

Faces a useful truth and chooses a small, reversible step.

I can act without forcing a dramatic leap.

## The Integrator

Turns insight into steadier behaviour, values, boundaries, and connection.

I can let clarity improve daily life.

# The 30-day map

Move in order, repeat a day, or pause when needed. The calendar serves you - not the other way around.

**DAYS 1-7**

## **ORIENT**

Define your experience, distinguish change from continuity, and establish a grounded baseline.

**DAYS 8-14**

## **DISCERN**

Test expectations, influences, costs, certainty, hype, and your right to pause.

**DAYS 15-21**

## **CLARIFY**

Explore beliefs, identity, grief, patterns, purpose, and what remains unknown.

**DAYS 22-28**

## **INTEGRATE**

Use values, boundaries, routines, support, uncertainty tolerance, and a discernment code.

**DAYS 29-30**

## **CONTINUE**

Build your clarity map and choose the next 30 days.

## DAY 1 | ORIENT

# Define awakening in grounded words

Begin with your experience, not someone else's certainty.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Write a plain-language definition that does not rely on mystical status, specialness, or a guaranteed outcome.

**Reflect**

When I use the word 'awakening,' what change in awareness, identity, values, or direction am I actually describing?

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**ONE GROUNDED RESPONSE**

Use this working definition for one week. Let new evidence refine it rather than forcing every event to fit it.

**After today's practice**

unclear

1

2

3

4

5

clear

## DAY 2 | ORIENT

# Name what changed - and what did not

Clarity increases when transformation and continuity are both visible.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

List three things that feel different and three ordinary parts of life that remain the same.

**Reflect**

Which changes are observable in my behaviour, priorities, or decisions - not only in my interpretation?

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**ONE GROUNDED RESPONSE**

Protect one stable routine today. Continuity can hold change safely.

**After today's practice**

unclear

1

2

3

4

5

clear

# Separate observation from interpretation

An experience can matter before you know exactly what it means.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Draw two columns: what I observed and what I think it means. Keep interpretations provisional.

## Reflect

What alternative explanations could also fit the same facts?

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## ONE GROUNDED RESPONSE

Say: 'This is my current interpretation, not a final verdict.'

## After today's practice

unclear

1

2

3

4

5

clear

## DAY 4 | ORIENT

# Take a whole-life inventory

An awakening should not make basic wellbeing and responsibility invisible.

2 MIN  
ARRIVE

3 MIN  
OBSERVE

6 MIN  
REFLECT

2 MIN  
CLARIFY

2 MIN  
CLOSE

## TODAY'S PRACTICE

Briefly assess sleep, meals, movement, work, relationships, finances, and daily functioning.

## Reflect

Where is life steady, and where would greater support or structure help?

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## ONE GROUNDED RESPONSE

Choose one ordinary stabilising action before adding another spiritual practice.

## After today's practice

unclear

1

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3

4

5

clear

# Notice the values becoming visible

Values turn vague inner shifts into grounded direction.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Choose five values that feel important now, then narrow them to two you can practise this week.

## Reflect

What would these values look like in a small observable action?

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## ONE GROUNDED RESPONSE

Take one action that is modest, reversible, and aligned with one chosen value.

## After today's practice

unclear

1

2

3

4

5

clear

# Build your grounding baseline

A steady body and routine make reflection clearer.

|                 |                  |                  |                  |                |
|-----------------|------------------|------------------|------------------|----------------|
| 2 MIN<br>ARRIVE | 3 MIN<br>OBSERVE | 6 MIN<br>REFLECT | 2 MIN<br>CLARIFY | 2 MIN<br>CLOSE |
|-----------------|------------------|------------------|------------------|----------------|

### TODAY'S PRACTICE

Record last night's sleep, today's food and water, movement, contact with nature, and emotional intensity without judgement.

### Reflect

Which basic condition most affects my clarity?

### ONE GROUNDED RESPONSE

Protect one grounding condition for the next seven days and track the result.

### After today's practice

unclear

1

2

3

4

5

clear

# Name the question beneath the confusion

A precise question is easier to explore than a cloud of urgency.

|                                    |                                     |                                     |                                     |                                   |
|------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|
| <div>2 MIN</div> <div>ARRIVE</div> | <div>3 MIN</div> <div>OBSERVE</div> | <div>6 MIN</div> <div>REFLECT</div> | <div>2 MIN</div> <div>CLARIFY</div> | <div>2 MIN</div> <div>CLOSE</div> |
|------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|

### TODAY'S PRACTICE

Turn the sentence 'I do not know what is happening' into one specific question about meaning, identity, choice, or direction.

### Reflect

What answer do I secretly hope for, and what answer do I fear?

### ONE GROUNDED RESPONSE

Hold the question without demanding an answer today.

### After today's practice

unclear

1

2

3

4

5

clear

WEEK 1 COMPLETE

# Pause and integrate: ORIENT

Review patterns, not performance. A missed day is information, not failure.

## REFLECTION 1

**What can I describe more clearly than I could seven days ago?**

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## REFLECTION 2

**Which observation did I separate from interpretation?**

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## REFLECTION 3

**Which ordinary routine most supports clarity?**

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## REFLECTION 4

**What is the most precise question I am carrying forward?**

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**The clearest grounded principle I will carry into next week:**

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## DAY 8 | DISCERN

# Release the dramatic-awakening script

Real change can be quiet, gradual, messy, ordinary, or incomplete.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Write what you expected awakening to look like and where that image came from - books, films, influencers, communities, or personal hope.

**Reflect**

Which expectations help me reflect, and which make me perform or compare?

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**ONE GROUNDED RESPONSE**

Cross out one expectation that creates pressure without improving clarity.

**After today's practice**

unclear

1

2

3

4

5

clear

## DAY 9 | DISCERN

# Hold benefits and costs together

Discernment avoids both glorifying and dismissing the experience.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

List possible benefits you notice and possible costs or disruptions. Include uncertainty.

**Reflect**

What would a balanced account sound like if I did not need awakening to be entirely good or bad?

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**ONE GROUNDED RESPONSE**

Choose one benefit to nurture and one cost to reduce.

**After today's practice**

unclear

1

2

3

4

5

clear

## DAY 10 | DISCERN

# Audit the voices influencing you

A source can be inspiring without becoming unquestioned authority.

2 MIN

ARRIVE

3 MIN

OBSERVE

6 MIN

REFLECT

2 MIN

CLARIFY

2 MIN

CLOSE

## TODAY'S PRACTICE

List the people, books, groups, platforms, and traditions shaping your interpretation. Note what each source gains from your attention or spending.

## Reflect

Which sources encourage independent thought, humility, stability, and professional support when needed?

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## ONE GROUNDED RESPONSE

Reduce exposure to one source that increases urgency, fear, dependency, or specialness.

## After today's practice

unclear

1

2

3

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clear

# Recognise false certainty

No guide needs to own your access to clarity.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Look for red flags: all-the-answers claims, pressure to obey, isolation from critics, expensive escalation, guaranteed results, or claims that doubt proves failure.

## Reflect

Have I confused confidence, charisma, popularity, or spiritual language with reliability?

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## ONE GROUNDED RESPONSE

Before trusting a strong claim, seek independent information and give yourself time.

## After today's practice

unclear

1

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3

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clear

# Check financial and lifestyle pressure

Clarity should not require impulsive spending or destabilising commitments.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

List any purchase, retreat, course, product, donation, relocation, job change, or relationship decision you feel urged to make.

## Reflect

What problem do I believe this decision will solve, and what lower-risk alternative can I test first?

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## ONE GROUNDED RESPONSE

Use a waiting period for major spending or irreversible decisions and consult a grounded person.

## After today's practice

unclear

1

2

3

4

5

clear

# Step out of comparison and romanticisation

Someone else's polished story may hide ambiguity, cost, and ordinary work.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Notice where another person's awakening story makes you feel behind, chosen, defective, or pressured to share.

## Reflect

What would my experience look like without an audience?

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## ONE GROUNDED RESPONSE

Keep one meaningful insight private for now and let its value show through behaviour.

## After today's practice

unclear

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4

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clear

## DAY 14 | DISCERN

## Choose your pace: continue, slow, pause, or stop

A useful process can survive boundaries and rest.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Assess emotional intensity, sleep, functioning, responsibilities, and support. Choose the pace that protects stability.

**Reflect**

What evidence supports continuing, and what evidence supports slowing down or pausing?

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**ONE GROUNDED RESPONSE**

Write your choice and the conditions for reviewing it. Pausing is a valid act of discernment.

**After today's practice**

unclear

1

2

3

4

5

clear

## WEEK 2 COMPLETE

# Pause and integrate: DISCERN

Review patterns, not performance. A missed day is information, not failure.

**REFLECTION 1**

**Which expectation, source, or comparison was shaping me most?**

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**REFLECTION 2**

**What red flag or financial pressure will I take more seriously?**

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**REFLECTION 3**

**What evidence supports my current pace?**

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**REFLECTION 4**

**Where did pausing create more clarity than pushing?**

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**The clearest grounded principle I will carry into next week:**

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# Name the beliefs you are questioning

Questioning a belief is different from immediately replacing it.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Choose one inherited or long-held belief. Write what it offered, what no longer fits, and what remains valuable.

## Reflect

What would I need to learn or experience before changing this belief?

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## ONE GROUNDED RESPONSE

Give yourself a temporary position: 'I am exploring this; I do not need a final answer yet.'

## After today's practice

unclear

1

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5

clear

## DAY 16 | CLARIFY

# Meet identity in transition

You may not resonate fully with the old self or the emerging one.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

List roles, labels, and expectations that feel less true, then qualities you want to carry forward.

**Reflect**

Who am I when I am not proving either my old identity or a new awakened identity?

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**ONE GROUNDED RESPONSE**

Choose one quality - honesty, kindness, courage, humility, responsibility - to practise today.

**After today's practice**

unclear

1

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3

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5

clear

## DAY 17 | CLARIFY

# Allow grief for the old story

Change can include relief and loss at the same time.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Name one assumption, relationship pattern, goal, or identity you may be releasing. Keep the reflection within your capacity.

**Reflect**

What did this old story give me, even if I no longer want to live by it?

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**ONE GROUNDED RESPONSE**

Mark the transition with a simple, safe act: write a note, take a walk, or speak with someone trusted.

**After today's practice**

unclear

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5

clear

## DAY 18 | CLARIFY

# Find the recurring pattern

Awareness becomes useful when it changes a repeated choice.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Choose one pattern in work, relationships, self-talk, or avoidance. Note the cue, usual response, short-term benefit, and long-term cost.

**Reflect**

What would a one-degree shift in this pattern look like?

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**ONE GROUNDED RESPONSE**

Test the smallest alternative once. Observe the result without demanding perfection.

**After today's practice**

unclear

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3

4

5

clear

## DAY 19 | CLARIFY

## Record dreams and unusual experiences carefully

Description can remain open without becoming proof of a supernatural explanation.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Write what occurred, when, sleep and stress context, emotions, body sensations, and possible ordinary explanations.

**Reflect**

What do I know, what might this symbolise personally, and what cannot be concluded?

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**ONE GROUNDED RESPONSE**

If experiences are frightening, persistent, disrupt sleep or functioning, or feel unsafe, pause spiritual interpretation and seek qualified support.

**After today's practice**

unclear

1

2

3

4

5

clear

# Turn purpose into a nearby direction

Purpose does not have to arrive as a grand destiny.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Choose one person, responsibility, craft, relationship, or contribution that feels worth caring for now.

## Reflect

What meaningful direction is available in the next seven days?

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## ONE GROUNDED RESPONSE

Take one small act of service, creation, repair, learning, or care.

## After today's practice

unclear

1

2

3

4

5

clear

# Build an honest clarity statement

Clarity includes the boundaries of what you know.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

## TODAY'S PRACTICE

Complete three lists: what I know from evidence, what I currently believe, and what remains unknown.

## Reflect

Where have I been speaking with more certainty than my evidence supports?

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## ONE GROUNDED RESPONSE

Rewrite one conclusion using accurate confidence: 'I know,' 'I suspect,' or 'I am still exploring.'

## After today's practice

unclear

1

2

3

4

5

clear

## WEEK 3 COMPLETE

# Pause and integrate: CLARIFY

Review patterns, not performance. A missed day is information, not failure.

**REFLECTION 1**

**Which belief or identity question became more honest?**

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**REFLECTION 2**

**What can I hold as meaningful without claiming certainty?**

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**REFLECTION 3**

**What small direction feels more useful than a grand answer?**

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**REFLECTION 4**

**What remains unknown - and can remain unknown for now?**

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**The clearest grounded principle I will carry into next week:**

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# Take one value-aligned action

Insight becomes trustworthy when it improves behaviour.

2 MIN

ARRIVE

3 MIN

OBSERVE

6 MIN

REFLECT

2 MIN

CLARIFY

2 MIN

CLOSE

## TODAY'S PRACTICE

Choose an action that is small, observable, safe, and reversible. Link it to a value rather than a dramatic identity claim.

## Reflect

How will this action make ordinary life more honest, kind, responsible, or clear?

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## ONE GROUNDED RESPONSE

Do the action within 24 hours and record what actually happened.

## After today's practice

unclear

1

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5

clear

# Notice the impact on relationships

Inner change does not exempt us from communication, consent, and repair.

|                 |                  |                  |                  |                |
|-----------------|------------------|------------------|------------------|----------------|
| 2 MIN<br>ARRIVE | 3 MIN<br>OBSERVE | 6 MIN<br>REFLECT | 2 MIN<br>CLARIFY | 2 MIN<br>CLOSE |
|-----------------|------------------|------------------|------------------|----------------|

TODAY'S PRACTICE

Choose one relationship affected by your changing beliefs, priorities, energy, or availability.

Reflect

What might this person need to understand, and what do I need to hear from them?

ONE GROUNDED RESPONSE

Use grounded language: describe your experience without demanding that the other person share your interpretation.

After today's practice

unclear

1

2

3

4

5

clear

## DAY 24 | INTEGRATE

# Set boundaries around sharing

You can honour an experience without becoming its spokesperson.

**2 MIN**  
ARRIVE

**3 MIN**  
OBSERVE

**6 MIN**  
REFLECT

**2 MIN**  
CLARIFY

**2 MIN**  
CLOSE

## TODAY'S PRACTICE

Decide what is private, what can be shared with trusted people, and what you are not ready to publish or teach.

## Reflect

Am I sharing to connect, clarify, seek reassurance, gain status, or persuade?

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## ONE GROUNDED RESPONSE

Wait before making public claims. Let humility and consent guide what you share.

## After today's practice

unclear

1

2

3

4

5

clear

## DAY 25 | INTEGRATE

# Protect the routines that hold you

Sleep, meals, movement, work, and connection are not distractions from awakening.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Design a minimum viable day with a wake time, meals, movement, work/rest boundary, and contact with another person.

**Reflect**

Which routine most reliably returns me to the present?

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**ONE GROUNDED RESPONSE**

Use the minimum viable day when reflection becomes intense or confusing.

**After today's practice**

unclear

1

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3

4

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clear

## DAY 26 | INTEGRATE

# Build a support map

Different questions need different kinds of support.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

List one trusted listener, one practical adviser, one qualified professional, and one source of balanced information.

**Reflect**

Who helps me think more clearly rather than becoming more dependent, urgent, or isolated?

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**ONE GROUNDED RESPONSE**

Tell one person what kind of support would be useful - listening, reality-checking, practical help, or professional guidance.

**After today's practice**

unclear

1

2

3

4

5

clear

## DAY 27 | INTEGRATE

# Increase your tolerance for not knowing

Uncertainty is not a gap that must be filled by the loudest explanation.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Choose one unanswered question and sit with it for five minutes while staying connected to breath, room, and ordinary life.

**Reflect**

What does urgency want me to decide before I have enough information?

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**ONE GROUNDED RESPONSE**

Write: 'I do not know yet, and I can choose the next safe step without pretending I do.'

**After today's practice**

unclear

1

2

3

4

5

clear

## DAY 28 | INTEGRATE

# Write your personal discernment code

A code protects clarity when emotion, influence, or excitement rises.

2 MIN  
ARRIVE

3 MIN  
OBSERVE

6 MIN  
REFLECT

2 MIN  
CLARIFY

2 MIN  
CLOSE

## TODAY'S PRACTICE

Choose five rules, such as: protect sleep; verify strong claims; delay major spending; stay connected; welcome professional support; avoid irreversible choices while activated.

## Reflect

Which rule would have protected me most during past confusion?

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## ONE GROUNDED RESPONSE

Put your five rules somewhere visible and share them with one trusted person.

## After today's practice

unclear

1

2

3

4

5

clear

WEEK 4 COMPLETE

# Pause and integrate: INTEGRATE

Review patterns, not performance. A missed day is information, not failure.

## REFLECTION 1

**Which insight produced a grounded change in behaviour?**

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## REFLECTION 2

**What relationship or sharing boundary needs care?**

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## REFLECTION 3

**Who belongs on my support map?**

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## REFLECTION 4

**Which rule from my discernment code matters most?**

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**The clearest grounded principle I will carry into next week:**

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## DAY 29 | CONTINUE

# Build your 30-day clarity map

The goal is not a dramatic conclusion; it is a more accurate orientation.

2 MIN

ARRIVE

3 MIN

OBSERVE

6 MIN

REFLECT

2 MIN

CLARIFY

2 MIN

CLOSE

## TODAY'S PRACTICE

Map four areas: what shifted, what stayed steady, what became clearer, and what remains open.

## Reflect

Which change is supported by behaviour and evidence, not only by intensity?

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## ONE GROUNDED RESPONSE

Choose one insight to integrate and one question to leave open.

## After today's practice

unclear

1

2

3

4

5

clear

## DAY 30 | CONTINUE

# Choose the next 30 days

Clarity continues through paced reflection and grounded living.

**2 MIN**

ARRIVE

**3 MIN**

OBSERVE

**6 MIN**

REFLECT

**2 MIN**

CLARIFY

**2 MIN**

CLOSE

**TODAY'S PRACTICE**

Choose the routines, reflection frequency, support, value-aligned action, and decision boundaries you will carry forward.

**Reflect**

What would a clear, calm, and responsible next month look like?

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**ONE GROUNDED RESPONSE**

Complete the ongoing practice page, set one review date, and give yourself permission to pause or revise the plan.

**After today's practice**

unclear

1

2

3

4

5

clear

# Compare your starting point with today

Change can look like less intensity, a shorter recovery, a clearer boundary, or a wiser pause.

**I can describe what I am experiencing clearly**

unclear   1   2   3   4   5   clear

**I separate observation from interpretation**

rarely   1   2   3   4   5   often

**My daily routines and responsibilities feel steady**

unsteady   1   2   3   4   5   steady

**I can make decisions without urgency or outside pressure**

rarely   1   2   3   4   5   often

**The question that became clearer:**

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**What I can honestly say I still do not know:**

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**The grounded choice I trust most now:**

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# Build the next 30 days around what helped

Keep the plan small enough to survive an ordinary, imperfect week.

**OBSERVE**

What I will keep recording without rushing to explain

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**GROUND**

The daily routines I will protect

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**DISCERN**

The questions I will ask before trusting a claim

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**CHOOSE**

The small value-aligned step I will test

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**SUPPORT**

Who or what I will consult when clarity is not enough

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☐ Weekly check-in

☐ Repeat a favourite day

☐ Ask for support

# Clarity belongs in ordinary life

An experience does not need to be dramatic to matter. Let insight make you steadier, more discerning, and more responsible in the life you are actually living.

**A useful insight can survive a pause.**

HARRIS DUKE

## Continue Awakening With Clarity

Visit the website for grounded reflections, reader resources, and updates from Harris Duke.

[awakeningwithclarity.com](https://awakeningwithclarity.com)

## Return to the book

Primal Awakening: A 15-Minute Path to Clarity and Healing

[amazon.com/dp/B0HBM89GRP](https://amazon.com/dp/B0HBM89GRP)

Keep this workbook for your personal use. Revisit any practice that helped - slowly, safely, and without pressure to complete the process perfectly.