The CARLA *Framework*

From clarity to alignment: turning insight into action and change into lasting growth.

Name _____

Date _____

C — *Clarity*

See yourself more clearly.

Discover who you are, what matters to you, and what you truly need to move forward.

Key question
What's true for me right now?

A — *Accountability*

Own your journey.

Recognize your power to make choices, take responsibility, and become an active participant in your own life.

Key question
What am I responsible for?

R — *Resilience*

Find strength in your story.

Embrace your experiences, navigate challenges, and develop the inner strength to grow through life's ups and downs.

Key question
How do I stay steady when it's hard?

L — *Leap*

Find the courage to move forward.

Move beyond fear and familiar patterns. Transform awareness into intentional action, one meaningful step at a time.

Key question
What's the next brave step?

A — *Alignment*

Live a life that feels true to you.

Bring your values, choices, and actions into harmony, creating a life that feels authentic, meaningful, and fulfilling.

Key question
Does my life reflect what matters?

HOW TO USE THIS WORKSHEET

Read the five pillars, then turn the page to explore each one. Write freely; there are no right answers. When alignment shows you something new, return to Clarity: it's a cycle, not a line.

Meaningful change begins within.

Explore each *pillar*

Write freely. There are no right answers.

Name _____

C *Clarity*	What do I value most in my life?	What is working well right now?	What feels unclear or needs more clarity?
A *Accountability*	Where do I want to show up differently?	What choices are within my control?	What is one area where I can take greater ownership right now?
R *Resilience*	What is a challenge I have overcome?	What strengths help me navigate difficult times?	What can I remind myself of when things feel hard?
L *Leap*	What is one meaningful step I can take toward the change I want?	What might be holding me back, and how can I move through it?	What would I do if I felt more confident and courageous?
A *Alignment*	How do I want to feel in my everyday life?	Are my current choices and actions aligned with what matters most to me?	What does a more aligned life look like for me right now?

REFLECTION & NEXT STEPS

What insights stand out for me from this worksheet?	What is one action I want to take in the next week?	How will I commit to myself and support this journey?