

Strategic Clarity Map

A personal mapping tool for when you feel lost, collapsed, or unsure what to do next.

Why This Tool Exists

When you've been holding too much—or been hit by crisis—it's easy to feel like everything is urgent, or nothing matters.

This tool helps you *locate* your next move, by breaking complexity into five key domains.

You don't have to solve everything today.

You just need to see what's really asking for your attention.

Step 1: Read the Five Domains

LEGAL

What's unresolved, unclear, or beginning to move legally?

Are you protected, or exposed?

EMOTIONAL

What emotion is running the show underneath the surface?

What are you carrying that no one can see?

FINANCIAL

What's missing, uncertain, or unstable with income, assets, debt, or clarity?

What are you avoiding—and what needs containment?

RELATIONAL

Where is connection strong—and where is rupture quietly shaping your nervous system?

Who are you explaining yourself to unnecessarily?

FUNCTIONAL

How's your day-to-day functioning: sleep, food, rest, communication, calendar?

What small changes would make things more tolerable this week?

Anchor & Light | Strategic Rebuilders in Legal, Emotional, and Relational Collapse

www.anchorandlight.life/resources

Step 2: Mark Where You Are

Use one colour or word to reflect how you're holding each domain (e.g. "foggy," "scattered," "clear," "frayed," "stuck")

No need to fill everything out today—just start where your system feels most urgent

• **Anchor & Light Reminder:**

This is not about fixing.

It's about locating.

When to Use This

- Post-separation, post-collapse, or post-decision
- When your brain is looping but no action feels clear
- To prepare for a consult or therapy session with more clarity

□ **Emotional & Legal Safety Note**

This tool supports internal clarity. It is not a legal, clinical, or financial diagnostic.

Please use it gently, and consult qualified professionals when external decisions are required.
