



UNLOCK YOUR SELF-CLARITY CODE: ELIMINATE EXTERNAL DISTRACTIONS AND EMBRACE YOUR INNER BRILLIANCE

Empower yourself to overcome stress, burnout, and overwhelm with this guide, enabling you to maintain a successful business and thriving personal life.

BY TAMI GOULET
INTERNATIONAL SPEAKER | AUTHOR | COACH



WELCOME

Hi There!

Welcome, and thank you for joining me as we **embark on a journey towards inner clarity and empowered living today.**

If you're reading this, you've acknowledged that life offers more than your current experience. You're noticing that **life wants to work with you** rather than against you. **Yet you keep getting caught up in the chaos, noise, and BS around you**, making it difficult to keep putting one foot in front of the other and moving forward toward the life you want.

This Guide offers practical strategies to help you reclaim your life from external noise, BS, and chaos, allowing you to **release external stressors, pressures, uncover your inner intelligence**, and **cultivate inner clarity** amidst life's challenges. By doing this, you will be able to start being **more proactive and less reactive** to what happens around you. You will notice that those annoying, constantly active voices start to fall away and that those things that once triggered you bother you less and less. You will begin to look forward to the day and what you choose to do with it.

Learn how to navigate chaos with ease, embrace calmness, and confidently step into a life of clarity and empowerment.

Tami Goulet

ABOUT ME

I'm Tami Goulet, an International Speaker, Author, & Coach with a passion for helping female entrepreneurs achieve Stress-Free Success. With practical, aligned, and strategic strategies, I guide my clients to significantly reduce stress, ensuring they can thrive in both their business and personal lives.



TAKING A LOOK AT YOUR HATS

It's now time to review all of those different hats that wear to see if there are any that can be taken off your plate.

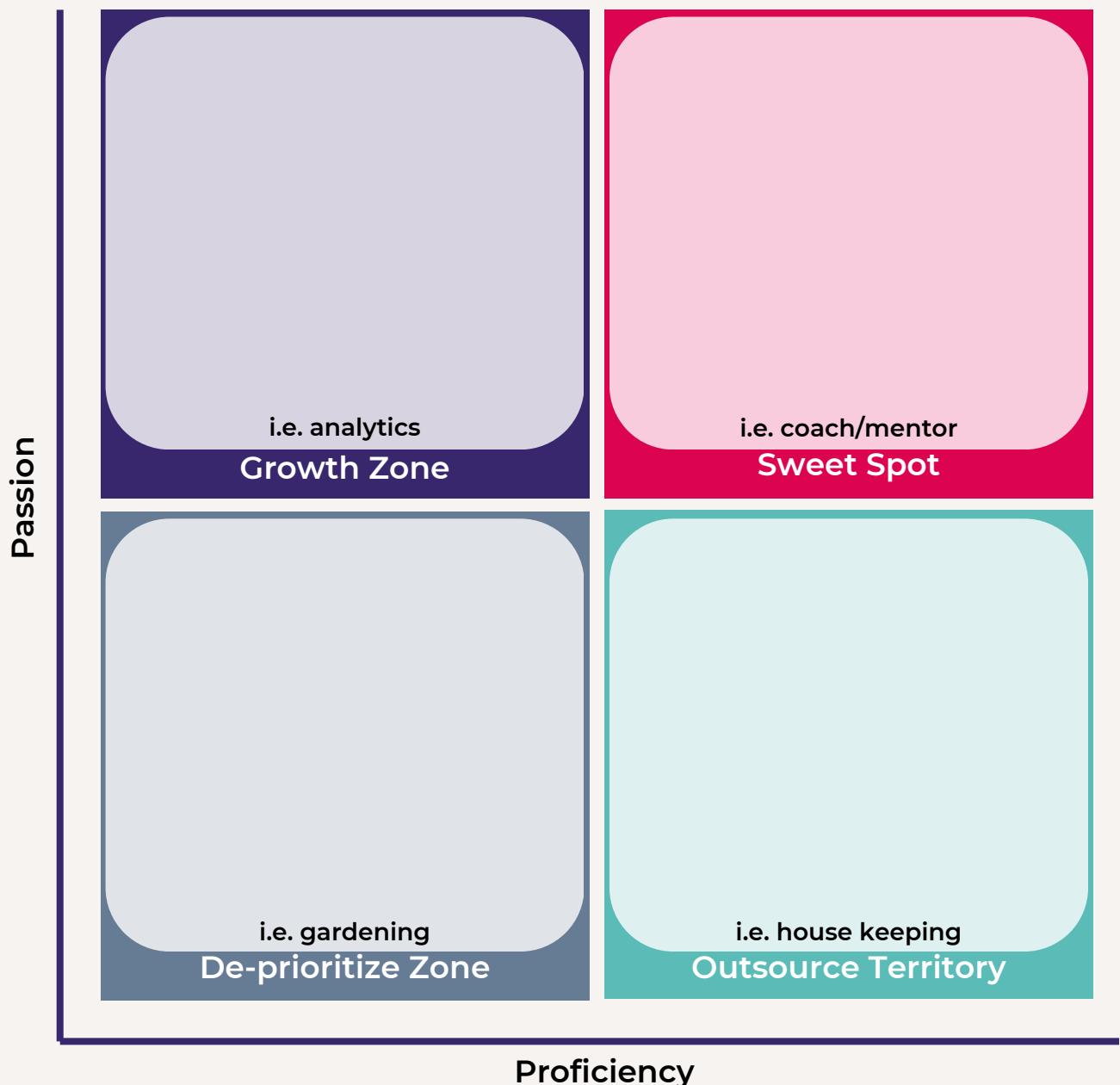
Step 1: Where do your hats land?

Using the Grid below, plot your hats within the various quadrants.

Step 2: What can you do now?

- Sweet Spot: Top Right; your passion meets your proficiency (keep them)
- Growth Zone: Top Left; you're passionate but not as knowledgeable (perfect for personal and professional development opportunities)
- Outsource Territory: Bottom Right; you're good at them, but you don't like them (outsource them)
- De-prioritize Zone: Bottom Left; you are neither passionate or proficient, but they still may need to be done. (keep what you have to, remove or outsource the rest)

P.S. The i.e.'s shown below are some of mine.



YOU ARE THE COMMON DENOMINATOR

Have you ever felt like you were living the same experience over and over again? You know, the one where you are going “why does this always keep happening to me?”

Repeating patterns

Write out a few different situations that you have found yourself in that have felt eerily similar to each other. (i.e. you're the one who always has to make decisions)

What role(s) did you play?

Maybe you were the victim or the enforcer or the sidekick who always had to mediate to keep the peace. Write them down. (i.e. Decision making - victim: "I'm always having to do it" and enforcer: "I know a better way")

How did you feel in each role?

Write down 1-2 words stating how you felt in each role. (i.e. Victim = unworthy, woe is me, I'm stuck, etc.)

RELEASING WHAT NO LONGER SERVES YOU

“You have survived every single one of your bad days so far.” - Unknown.

Let this be your guide as you look to answer the questions below. To help make this easier, think back to your bad days. What happened to make them bad days? What do you never want to repeat again?



01 What are you willing to put up with? What are you not willing to put up with? Make sure you include all areas of your life when answering.

02 What about fears, doubts, worries, limiting beliefs? What are you no longer willing to bring forward with you?

03 How would you describe your behavior when thinking about other people's needs and yours? Are you constantly putting other people's needs, wants and desires ahead of your own? What do YOU want?

YOU ARE THE CO-CREATOR OF YOUR LIFE

As you work through these steps, you will begin to realize that life isn't something that happens to you; it is something that you co-create with the Universe.

Oprah Winfrey said it best: "Remember, you are co-creating your life with the energy of your own intentions."

What LITTLE changes do you want to make in your life?

What BIG changes do you want to make in your life?

What do you need to **release** from your life in order to make these changes happen?

What do you need to **keep** in your life in order to make these changes happen?



ACTION STEPS

*Please look at your answers to the questions on the preceding pages.
I would like you to separate them into actions you can do
immediately, actions that will take you longer to accomplish, and
actions you feel you need help doing.*

Quick Wins

What can you immediately start or stop doing? Check them off as you go!

- _____
- _____
- _____
- _____
- _____

Longer-Term Wins

What actions do you see taking longer to accomplish and why? Be honest and treat yourself kindly here. It took you this long to get to this point, it's going to take you time to release these behaviors or beliefs.

- _____
- _____
- _____
- _____
- _____

Wins Needing Assistance

What actions do you need help or guidance on? How will you go about getting and accepting that guidance?

- _____
- _____
- _____
- _____
- _____

THANK YOU!

Remember, as you embark on the journey of uncovering your inner clarity and shedding external stress, overwhelm, and distractions to reveal your inner brilliance, you'll notice a transformation taking place. This transformation will begin rippling outwards into other areas of your life. You're taking charge of your life from a deep-seated intuition, guiding your decisions and charting your path forward.

You're now living your life from a place of consciousness and in co-creation with the Universe. You'll observe life aligning with you rather than imposing itself upon you.

As you navigate this transition, extend patience and grace to yourself and those around you.

Hugs, Tami



READY TO CONQUER YOUR INNER CHAOS AND EMBRACE YOUR INNER BRILLIANCE?

Schedule a free 30-minute Inner Brilliance Breakthrough Session with me to kick-start your transformative journey! Bid farewell to stress, self-doubt, or overwhelm – it's time to embrace your inner brilliance and shine brightly!
Let's ignite your path to success!

[SCHEDULE SESSION](#)

[SEND AN EMAIL](#)

MY STORY

I wouldn't be recommending these steps I just shared with you if I hadn't had to live them and learn from them myself. Here's my story...

I always knew I was different. I could see spirits and interact with them when I was a child. I also grew up in a loving but abusive household when I was really young. These situations taught me what it meant to read energy, what to keep to myself, and how to contort myself to 'people please' and to 'keep the peace.'

Once I started school, I realized that speaking my truths about what I remembered, imagined, or saw was not very well received as **I couldn't fit into the carefully defined box** defined by the school. So again, I learned to contort myself to fit my school's desired mold.

Fast forward a few years, and I found myself dealing with a medical situation that didn't fit into any defined boxes according to what science and the medical profession understood and accepted as truth at the time. It took a few long years of medical tests, **being told it was all in my head** and that I was "looking for attention" before they finally discovered what was happening. And, of course, it didn't fit into any defined mold in the medical world.

Fast forward again a few years, and now I'm married, with two beautiful boys, and constantly **second-guessing myself** due to my narcissistic husband (now ex-husband). Again, I was slowly being "snuffed out" of who I was to try to fit the mold someone else had for me.

In 2008, I finally said enough and left my narcissistic ex to start living the life I longed for. For the most part, I did. I found an amazing man with two wonderful children, and we started our blended family life together. But still, something was ... missing. Oh, did I feel bad about that! Here was this great guy whom I love with my whole heart; we have a wonderful family, a great home, and promising careers, **but ... something was still missing.**

It took until 2017 before I finally entirely "broke." I mean, seriously broken; my life was incredible, so why was I feeling like a numb shell of myself? Why did I feel like I had been placed inside a **glass box with chains weighing me down**, and I was screaming at the top of my lungs, but no one, not even me, could hear me.



MY STORY

I finally listened and looked externally for assistance in trying to get myself 'fixed,' and I thought I was doing a pretty good job. Yeah, I still had those nudges of "there's more to life than this", but I was getting better, so it was all good, right?

I couldn't have been more wrong.

In May 2018, I broke both of my ankles at the same time. Talk about being forced to sit down, lean in, and really get to know yourself. The Universe decided I wasn't truly listening to myself and that I needed more time to do so - I'm paraphrasing here. I spent many days and nights refusing to give in to the sadness and overwhelm that tried to come into my life. It was during this time that I started asking the Universe for assistance, seriously asking for assistance in helping me figure out the "more" I've been searching for my whole life.

Thankfully I came across some pretty awesome people who helped me along my **journey of discovering my "more"**. The more I looked externally for the answers, the more I was continually guided to look internally into myself. That was HARD! After being taught that it was essential to think of others before yourself, to fall in line with what everyone else was doing, to be graded on how smart you were in school and how effectively you worked at work, it was challenging to **cut through all of the chaos and noise** that I needed to cut through to remember who I was. **To get to the core of me → to remember my inner intelligence.**

My inner intelligence is a quiet confidence that I carry with me wherever I go.

Inner Intelligence is the unlearning, re-remembering, and releasing of thoughts, patterns, habits, limiting beliefs, baggage, and anything else that no longer serves your highest good.

It is realizing that we are all we need in this life, and everything else that we choose to have around us in this life is a bonus.

It is recognizing and believing that **YOU** are your own True North.

