

# THE EMOTIONAL CLARITY STARTER KIT



# WORKBOOK

POOJA\_ABHAY

# Welcome!

The Emotional Clarity starter kit is for anyone who feels overwhelmed but doesn't always know why. Life gets busy, emotions pile up, and we often forget to check in with our own hearts. This guide gives you a gentle pause, a moment to breathe, understand what you're feeling, and find simple tools to feel more calm, clear, and in control.

I created this workbook as a comforting space for you to meet yourself with honesty and kindness. Inside, you'll learn how to understand your emotions, communicate better, and respond with clarity instead of reacting. If you've been craving inner peace, confidence, or emotional balance this is where your journey quietly begins. 💜

*Pooja Abhay*



## ABOUT ME

I'm Pooja Abhay, a Life & Relationship Coach who helps people understand their emotions, communicate better, and build healthier relationships, starting from within.

My own journey through career changes, motherhood, and emotional overwhelm taught me how powerful inner clarity can be. Today, I guide others toward that same calm and confidence, with simple tools that make life feel lighter and more connected.

# SECTION 1 — WHAT DO I REALLY WANT?

1. How have I been feeling lately (emotionally / mentally / in my relationships) ?

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2. What thoughts keep looping in my mind?

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3. What am I tolerating right now that I no longer want to?

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4. If I wasn't scared or overthinking, what would I really say or choose?

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5. What do I deeply want from my relationships, communication, and myself?

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## SECTION 2 — STOP REACTING, START RESPONDING

1. What triggers me the most right now? (People, situations, tone, silence...)

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2. What happens in my body when I get triggered? (Tight chest, faster breath, heat, shaking...)

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3. If I paused for 5 seconds, what would I choose instead? (e.g., 'Can we talk later?', 'I need a moment.')

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4. My new emotional choice (one calm sentence I want to practice):

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## SECTION 3 — SPEAK WITHOUT FEAR

1. What I wish I could say more often:

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2. What stops me from saying it? (Fear, guilt, judgment, conflict...)

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3. If I spoke with clarity and calm, it would sound like: ('I feel...', 'I need...', 'It would help me if...')

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4. One conversation I'm ready to show up for:

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## YOUR NEXT STEP

You just created more clarity than most people gain in weeks.  
If you'd like to go deeper — gently and with real support — let's talk.  
Book Your Free Clarity Call — One honest conversation can shift everything.

You're not too sensitive. You're not asking for too much.  
You're just finally listening to yourself. And I'm here to  
help you follow that voice. — Pooja Abhay

SCHEDULE A FREE CALL